

QCOOK

Cajun Chicken Hummus Bowl

with dukkah spice & pickled onions

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	280kj	1632kj
Energy	67kcal	390kcal
Protein	7.1g	41.7g
Carbs	5g	28g
of which sugars	2g	11g
Fibre	1g	9g
Fat	2g	11.9g
of which saturated	0.5g	3g
Sodium	133mg	774mg

Allergens: Sulphites, Peanuts, Sesame, Tree Nuts, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely slice</i>
150ml	200ml	Red Wine Vinegar
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU Cajun Rub
300g	400g	Baby Tomatoes <i>rinse</i>
2	2	Bell Peppers <i>rinse, deseed & dice</i>
60g	80g	Salad Leaves <i>rinse</i>
180ml	240ml	Hummus
15ml	20ml	Old Stone Mill Dukkah Spice

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Cooking Spray

Paper Towel

1. SOME PREP In a bowl, combine $\frac{1}{4}$ of the onion (to taste) with the vinegar, and set aside in the fridge. Pat the chicken dry with paper towel, cut into 1cm chunks, coat with the NOMU rub, and season.

2. VEGGIES Place a pan over medium-high heat. Lightly coat the baby tomatoes, peppers and the remaining onions with cooking spray. When hot, fry the veggies until charred, 6-8 minutes (shifting occasionally). Remove from the pan and add seasoning.

3. CHICKEN Return the pan to medium-high heat. Lightly coat the chicken with cooking spray and fry until cooked through, 2-3 minutes (shifting as they colour). Remove from the pan.

4. JUST BEFORE SERVING Combine the salad leaves with the pickled onion (to taste), seasoning and the pickling liquid (to taste).

5. DINNER IS READY Smear the hummus in a bowl, top with the Cajun chicken, side with the charred veggies, and the pickled onion salad. Finish with a sprinkle of the dukkah and dig in, Chef!