



UCCOOK

Chicken & Pumpkin Jumble

with cannellini beans & dates

A flavour match from the stars! Delicious oven-roasted chicken breast on a bed of golden pumpkin, roasted cannellini beans and sweet dates, all tied together with a delicious tahini dressing.

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Runet Van Heerden

♥ Health Nut

🍷 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
60g	Cannellini Beans <i>drained & rinsed</i>
40ml	Sweet-tahini Dressing <i>(30ml Tahini & 10ml Honey)</i>
1	Lemon <i>½ zested & cut into wedges</i>
1	Free-range Chicken Breast
10ml	NOMU Poultry Rub
10g	Pumpkin Seeds
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>cut into half-moons</i>
20g	Pitted Dates <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROAST PUMPKIN Preheat the oven to 200°C. Cut the pumpkin chunks into bite-sized pieces. Spread onto a roasting tray, coat in some oil and season. Roast in the hot oven for 25-30 minutes, until cooked and golden, shifting halfway. Place the drained beans in a bowl, coat in oil and season. Set aside.

2. DRESSING In a bowl, whisk the sweet-tahini dressing, some lemon juice (to taste) and some water, in 5ml increments to make a drizzling consistency. Season and set aside.

3. ROAST CHICKEN & BEANS Pat the chicken dry with paper towel. Coat in oil, seasoning and the poultry rub. When the pumpkin has been in for 10 minutes, make some space for the chicken on the roasting tray. Scatter the beans over the pumpkin (use two trays if they don't fit comfortably), and roast for the remaining time until the chicken is cooked and the beans are turning crispy. In the final 3-5 minutes, pop the grill on to crisp up the chicken skin. On completion, remove from the oven and allow the chicken to rest for 3-5 minutes before thinly slicing and lightly seasoning.

4. TOASTED PUMPKIN SEEDS Place a pan over a medium heat with the pumpkin seeds. Toast for 3-5 minutes until they begin to pop and turn golden. Remove from the pan. In a bowl, add the salad leaves with the cucumber, lemon juice and zest (to taste). Toss to combine and season.

5. TIME TO PLATE UP Make a bed of salad, top with the pumpkin chunks, beans and sprinkle over the chopped dates. Top with the chicken and finish off with a drizzle of the dressing and a sprinkle of pumpkin seeds. Garnish with a lemon wedge. Eat up!

Nutritional Information

Per 100g

Energy	477kJ
Energy	114Kcal
Protein	8.1g
Carbs	13g
of which sugars	5.7g
Fibre	3.1g
Fat	3.7g
of which saturated	0.7g
Sodium	102mg

Allergens

Allium, Sesame

Cook
within 2
Days