



U C O O K

— COOKING MADE EASY

DAZZLING ZA'ATAR CHICKEN

with toasted pistachios & homemade butter bean hummus

Chicken thighs and legs roasted in za'atar spice, velvety butter bean hummus, crispy roast kale and butternut, and handfuls of pistachios and dried cranberries. A feast drawing on the vibrant food heritage of Middle-Eastern regions.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett



Health Nut

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Ingredients & Prep

250g	Butternut <i>rinsed, cut in half lengthways & deseeded</i>
2	Free-Range Chicken Pieces
10ml	Za'atar Spice
5g	Pistachios
2g	Fresh Rosemary <i>rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
120g	Butter Beans <i>drained & rinsed</i>
1	Lemon <i>one half cut into wedges</i>
50g	Kale <i>rinsed & roughly shredded</i>
20g	Green Leaves <i>rinsed</i>
5g	Dried Cranberries <i>roughly chopped</i>

From Your Kitchen

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

1. RADIANT ROAST Preheat the oven to 200°C. Cut the butternut halves into 1.5cm thick half-moons, leaving the skin on. (The skin adds flavour and nutrients, but can be removed if you prefer.) Place the chicken pieces on one side of a roasting tray and pat dry with some paper towel. Coat in oil, the za'atar spice, and some seasoning. Place the butternut half-moons on the other side of the tray. Coat in oil, season to taste, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until the chicken is cooked through and the butternut is becoming crispy. At the halfway mark, flip the butternut half-moons and return the tray to the oven for the remaining cooking time.

2. TOAST THE PISTACHIOS Place the pistachios in a pot over a medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pot on completion and set aside to cool.

3. BUTTER BEAN HUMMUS Return the pot to a low heat with a drizzle of oil. When slightly heated, sauté the rinsed rosemary sprigs and the grated garlic for 2-3 minutes, shifting regularly. Add the drained butter beans and 60ml of water and simmer for 3-4 minutes, stirring occasionally. On completion, add a squeeze of lemon juice and remove from the heat. Remove the thick rosemary stalks and pick off 2-3 rosemary leaves. Return the leaves to the pot, discarding the stalks. Pour into a blender or food processor and blend until the thick texture of hummus. If it's too thick, gradually mix in water in small increments. Season to taste, return to the pot, and cover with the lid. Set aside to keep warm until serving.

4. CRISPY KALE & FRESH LEAVES Place the shredded kale in a bowl with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Using your hands, gently massage the kale until softened and coated in oil. When the butternut and chicken have 10 minutes to go, scatter the soft kale over the butternut and roast for the remaining time until crispy. Place the rinsed green leaves in the bowl used for the kale. Add another drizzle of oil if necessary, season to taste, and toss to coat.

5. GRAB A PLATE! Smear a generous helping of butter bean hummus across a plate and top with the za'atar-spiced chicken. Dish up the butternut and crispy kale on the side. Garnish with the toasted pistachios and chopped, dried cranberries. Excellent work, Chef!



Chef's Tip

If you don't have a blender or food processor, you can use a potato masher or fork to make a more rustic, chunky hummus.

Nutritional Information

Per 100g

Energy	428kj
Energy	102Kcal
Protein	7.9g
Carbs	8g
of which sugars	1.5g
Fibre	2.3g
Fat	4.2g
of which saturated	1.1g
Sodium	72mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days