



# UCCOOK

## Cajun Chicken Hummus Bowl

with dukkah spice & pickled onions

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 253kJ    | 2047kJ      |
| Energy             | 61kcal   | 490kcal     |
| Protein            | 5.7g     | 46g         |
| Carbs              | 5g       | 43g         |
| of which sugars    | 2g       | 18g         |
| Fibre              | 2g       | 13g         |
| Fat                | 1.8g     | 14.2g       |
| of which saturated | 0.4g     | 3.6g        |
| Sodium             | 113.4mg  | 916.9mg     |

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

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                |
|----------|------------|------------------------------------------------|
| 1        | 1          | Onion<br><i>peel &amp; finely slice</i>        |
| 50ml     | 100ml      | Red Wine Vinegar                               |
| 1        | 2          | Free-range Chicken Breast/s                    |
| 5ml      | 10ml       | NOMU Cajun Rub                                 |
| 100g     | 200g       | Baby Tomatoes<br><i>rinse</i>                  |
| 1        | 1          | Bell Pepper<br><i>rinse, deseed &amp; dice</i> |
| 20g      | 40g        | Green Leaves<br><i>rinse</i>                   |
| 80ml     | 160ml      | Hummus                                         |
| 5ml      | 10ml       | Old Stone Mill Dukkah Spice                    |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. SOME PREP** In a bowl, combine the onion, 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 with a drizzle of oil. When hot, fry the tomatoes, the remaining fresh onion and the pepper until charred, 5-6 minutes (shifting occasionally). Remove from the pan and add seasoning.

**3. CHICKEN** Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the chicken until cooked through, 2-3 minutes (shifting as they colour). Remove from the pan.

**4. JUST BEFORE SERVING** Combine the green leaves with the onions (to taste), and the vinegar (to taste). Toss to coat and season.

**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!