



UCCOOK

Cajun Chicken Hummus Bowl

with dukkah spice & pickled onions

Hands-on Time: 35 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 3 & 4

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 3 | [Serves 4] | |
|----------|------------|---|
| 2 | 2 | Onions <i>peel & finely slice</i> |
| 150ml | 200ml | Red Wine Vinegar |
| 3 | 4 | Free-range Chicken Breasts |
| 15ml | 20ml | NOMU Cajun Rub |
| 300g | 400g | Baby Tomatoes <i>rinse</i> |
| 2 | 2 | Bell Peppers <i>rinse, deseed & dice</i> |
| 60g | 80g | Green Leaves <i>rinse</i> |
| 240ml | 320ml | Hummus |
| 15ml | 20ml | 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, 6-8 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!