

UCCOOK

Honey & Sumac Chicken Salad

with dried pomegranate gems & Danish-style feta

Hands-on Time: 40 minutes

Overall Time: 60 minutes

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

Chef: Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	410kj	2061kj
Energy	98kcal	493kcal
Protein	9.2g	46.1g
Carbs	9g	43g
of which sugars	4g	22g
Fibre	2g	9g
Fat	3g	15.1g
of which saturated	1.1g	5.4g
Sodium	107.1mg	538.7mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15	20g	Walnuts <i>roughly chop</i>
15g	20g	Pumpkin Seeds
750g	1kg	Pumpkin Chucks <i>cut into bite-sized pieces</i>
30ml	40ml	Lemon Juice
15ml	20ml	Sumac Spice
30ml	40ml	Honey
60g	80g	Salad Leaves <i>rinse</i>
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
45g	60g	Dried Pomegranate Gems
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Roast Rub
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. TOASTY NUTS & SEEDS Preheat the oven to 200°C. Place the walnuts and the pumpkin seeds in a pan over medium heat. Toast until turning brown, 2-4 minutes (shifting occasionally).

2. ROASTED PUMPKIN Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. SUMAC DRESSING In a small bowl, combine the lemon juice, the sumac spice, and the honey. In a salad bowl, combine the salad leaves, ½ the parsley, and ½ the pomegranate gems. Toss through ½ the sumac dressing and set aside.

4. GOLDEN CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, spice the chicken with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SENSATIONAL SALAD Make a bed of the dressed salad. Top with the roasted pumpkin and the chicken slices. Scatter over the remaining pomegranates and crumble over the feta. Garnish with the remaining parsley, and the walnuts and pumpkin seeds. Drizzle over the remaining sumac dressing.