



U C O O K

— COOKING MADE EASY

ELEGANT ORIENTAL CHICKEN

with roast pumpkin, tahini & pitted
dates

This oven-roasted chicken breast is dressed to impress in a marinade of Oriental Rub and tahini. Crunchy cannellini beans, brisk green salad, and naturally sweet dates make this a culinary class act.

Prep + Active Time: 30 minutes

Total Cooking Time: 50 minutes

 **Serves:** 4 people

 **Chef:** Runet Van Heerden

 **Health Nut**

Join the **UCOOK** community. Share your
creations + tag us @ucooksa #lovingucook



Ingredients

80 g	Green leaves
800 g	Pumpkin Chunks <i>cut into bite-size pieces</i>
240 g	Cannellini Beans <i>drained & rinsed</i>
4	Free-Range Chicken Breasts Skinless
40 ml	NOMU Oriental Rub
40 g	Pumpkin Seeds
200 g	Cucumber <i>sliced into half-moons</i>
80 g	Dates <i>roughly chopped</i>
200 ml	Tahini Dressing

From Your Kitchen

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



CHEF'S TIP

Dates are a great natural alternative to processed sugar. Instead of refined sugar, use dates in your cooking and baking for more flavour and fibre, and fewer empty calories.

1. ROAST PUMPKIN

Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp.

2. MARINADE & DRESSING

Place the drained cannellini beans in a bowl. Add a drizzle of oil, season, and toss to coat. Set aside, ready to add to the tray of pumpkin later. Pat the chicken breasts dry with some paper towel. Coat in oil and the Oriental Rub and set aside to marinate. In a bowl, combine the Tahini Dressing with 2 tbsp of olive oil. Add lukewarm water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

3. TOAST THE SEEDS

Place a pan that has a lid over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. CRISP THOSE BEANS

When the pumpkin pieces are about halfway, remove the tray from the oven, and give them a shift. Scatter over the cannellini beans and return the tray to the oven for the remaining cooking time. On completion, the cannellini beans should be starting to crisp.

5. ORIENTAL CHICKEN

Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken breasts on one side for 5-7 minutes until this side is golden. Then, flip the breasts, pop on the lid, and fry for a further 5-7 minutes until cooked through. Remove from the pan and set aside to rest for 5 minutes before slicing. You may need to do this step in batches. Lightly season the slices.

6. DRESS UP

Just before serving, toss the rinsed green leaves and the cucumber half-moons with some tahini dressing to taste, reserving a little for garnish.

7. TIME TO FEAST!

Dish up a bed of green salad. Cover with the roast pumpkin and crispy beans and top with the chicken slices. Finish off with another drizzle of tahini dressing and sprinklings of toasted pumpkin seeds and chopped dates. Eat up!

Nutritional Information

Per 100 g

Energy (kJ)	505
Energy (kcal)	121
Protein	9
Carbs	12
of which sugars	6
Fibre	3
Fat	4
of which saturated	1
Salt	0

Cook within: 3 days

Allergens: Allium Sesame Sulphites



Loved the dish? Rate it online.



Dairy-Free



Healthy fats