



# UCOOK

## Greek Lentil Chicken Salad

with Danish-style feta & a yoghurt drizzle

A big, flavourful Greek wedding of tastes & textures! This dish marries crispy lentils, pops of golden chickpeas, juicy sliced chicken, briny olives & creamy crumbled feta, and ties the knot with a drizzle of dill-infused yoghurt. Your answer will definitely be, 'I do' when asked if you want seconds, Chef!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People


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**Chef:** Jade Summers

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 Carb Conscious

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 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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## Ingredients & Prep

180g	Chickpeas <i>drain &amp; rinse</i>
180g	Tinned Lentils <i>drain &amp; rinse</i>
240g	Baby Tomatoes <i>rinse &amp; cut into quarters</i>
1	Onion <i>peel &amp; finely slice ¾</i>
150g	Cucumber <i>rinse &amp; slice into thin rounds</i>
75g	Pitted Kalamata Olives <i>drain &amp; roughly chop</i>
30ml	Lemon Juice
3	Free-range Chicken Breasts
15ml	NOMU One For All Rub
150ml	Low Fat Plain Yoghurt
8g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
90g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the drained chickpeas and the drained lentils on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes.

**2. MIX IT UP** To a bowl, add the quartered tomatoes, the sliced onion (to taste), the cucumber rounds, the chopped olives, the lemon juice, and seasoning.

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

**4. ALMOST THERE....** In a small bowl, combine the yoghurt and ¾ of the chopped dill. Loosen with 30ml of water.

**5. IT'S THAT TIME** Dish up the loaded tomato salad. Top with the crispy chickpeas & lentils and the sliced chicken. Drizzle over the yoghurt, and crumble over the feta. Garnish with the remaining dill.



## Chef's Tip

Air fryer method: Coat the drained chickpeas and the drained lentils in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	10.1g
Carbs	9g
of which sugars	1.7g
Fibre	2.9g
Fat	3.1g
of which saturated	1.2g
Sodium	137mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within 3  
Days