



UCCOOK

Chimichurri Chicken Kebabs & Soda Bread

with a tomato & bocconcini salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	649kJ	4144kJ
Energy	155kcal	991kcal
Protein	10.1g	64.2g
Carbs	18g	115g
of which sugars	1.4g	9g
Fibre	1.4g	9.1g
Fat	4.5g	28.6g
of which saturated	1.9g	11.9g
Sodium	285mg	1818mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
260ml	520ml	Herbed Flour <i>(250ml [500ml] Cake Flour & 10ml [20ml] NOMU Spanish Rub)</i>
2,5ml	5ml	Bicarbonate of Soda
125ml	250ml	Buttermilk
3	6	Wooden Skewers
30ml	60ml	Pesto Princess Chimichurri Sauce
40ml	80ml	Greek Yoghurt
10ml	20ml	Lemon Juice
150g	300g	Free-range Chicken Mini Fillets
10ml	20ml	NOMU Poultry Rub
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
3	6	Bocconcini Balls <i>drain & cut into quarters</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. START THE SODA BREAD Preheat the oven to 220°C. Lightly grease and flour a cake tin. In a large bowl, combine the herbed flour, the bicarb, and a pinch of salt. Add the buttermilk and mix until it forms a sticky dough. (Mix until just combined - don't overmix!) Add an extra splash of water if the dough is not coming together. Place on a floured surface and shape into a round, flat ball big enough for the greased tin. (You don't need to knead the dough!) Place into the greased tin and cut a deep cross in the top of the dough with a sharp knife. Pop in the hot oven and bake until browned and cooked through, 25-30 minutes.

2. SOAK THE SKEWERS Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning).

3. CHIMICHURRI In a bowl, combine the chimichurri sauce with the yoghurt, ½ the lemon juice (to taste), seasoning, and water in 5ml increments until drizzling consistency. Set aside.

4. CHICKEN KEBABS Thread the chicken onto each skewer, making sure that they are secure. Repeat, filling up each skewer, until all the skewers are full. Coat in oil, the NOMU rub, and seasoning. Place onto a roasting tray and roast in the hot oven until cooked through, 8-10 minutes (turning halfway). Baste with half of the chimichurri sauce in the final 1-2 minutes.

5. SIDE SALAD To a salad bowl, add the baby tomatoes. Toss with the bocconcini, ½ the parsley, the remaining lemon juice (to taste), seasoning, and a drizzle of olive oil. Set aside.

6. GOOD TO GO Plate up the chicken kebabs and drizzle over the remaining chimichurri sauce. Garnish with the remaining parsley. Serve the tomato & bocconcini salad on the side with the soda bread.