



UCOOK

Berber-style Chicken

with a tomato & cannellini bean salad

Succulent chicken pieces are pan-fried and basted in an Ethiopian berbere spice, green olives & lemon zest. It shares a plate with a tangy cannellini bean & tomato salad and golden roasted butternut, then finished off with a sprinkling of fresh mint. Fragrant, flavourful & fab!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Carb Conscious

 Creation Wines | Creation Sauvignon
Blanc/Semillon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
1	Onion <i>½ peeled & cut into wedges</i>
1	Tomato <i>roughly diced</i>
60g	Cannellini Beans <i>drained & rinsed</i>
15ml	Jalapeño Relish
7,5ml	Honey
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Mint <i>rinsed & roughly chopped</i>
2	Free-range Chicken Pieces
25g	Pitted Green Olives <i>drained</i>
15ml	Berbere Spice

From Your Kitchen

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

1. THE HOST WITH THE ROAST Preheat the oven to 200°C. Place the butternut chunks and the onion wedges on a roasting tray, coat in oil and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. TANGY SALAD Place a pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, sauté the diced tomatoes for 3-4 minutes until lightly charred, turning as they colour. In the final 1-2 minutes, add the drained cannellini beans and cook until warmed through. Remove from the heat and place in a bowl. Add the jalapeño relish, the honey, a squeeze of lemon juice, ¾ of the chopped mint, seasoning, and 15ml of olive oil. Mix until fully combined.

3. SPICY CHICKEN Return the pan to a medium heat with a drizzle of oil. Pat the chicken pieces dry with some paper towel. When the pan is hot, fry the chicken on one side for 4-6 minutes until golden. Flip, pop on the lid, and fry for a further 12-15 minutes or until cooked through. During the final 1-2 minutes, baste with a knob of butter or drizzle of oil, the drained olives, the lemon zest, and the berbere spice. Remove from the heat on completion and set the chicken aside to rest in the pan for 5 minutes. Season to taste.

4. SPICE & ALL THINGS NICE! Plate up the spicy chicken and spoon over the olives and pan juices. Serve the tomato & bean salad and the roasted veg. Sprinkle over the remaining mint and serve with a lemon wedge. Look at you, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the butternut & onion? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	431kj
Energy	103kcal
Protein	7.3g
Carbs	9g
of which sugars	3.6g
Fibre	1.7g
Fat	4.2g
of which saturated	1.1g
Sodium	181mg

Allergens

Allium, Sulphites

Cook
within 3
Days