



# UCCOOK

## Chicken & Creamy Green Sauce

**with charred baby marrow & crispy chickpeas**

The gorgeous green sauce you are about to make is the perfect addition to any salad that needs a bit of je ne sais quoi, Chef! Pan-fried garlicky peas are blended with yoghurt, which is poured over nutty chickpeas, juicy chicken slices, onion wedges & lightly charred baby marrow. Served with fresh salad leaves.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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**\*New Calorie Conscious**

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## Ingredients & Prep

60g	Chickpeas <i>drain &amp; rinse</i>
1	Onion <i>peel &amp; cut into thick wedges</i>
100g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces on the diagonal</i>
1	Free-range Chicken Breast
5ml	NOMU Roast Rub
50g	Peas
1	Garlic Clove <i>peel &amp; grate</i>
50ml	Greek Yoghurt
20g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. CHICK & ONION** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the drained chickpeas and onion wedges until crispy and golden, 8-10 minutes (shifting occasionally). If the chickpeas start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively: Air fry at 200°C until cooked through and crispy, 15-20 minutes (shifting halfway).

**2. MARROWS** Return the pan to medium-high heat with a drizzle of oil if necessary. When hot, fry the baby marrow pieces until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and season.

**3. 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, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 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.

**4. CREAMY GREEN SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the peas and the grated garlic until fragrant, 1-2 minutes. Remove from the pan and add to the blender along with the yoghurt and 2 tbsp of water. Pulse until a smooth sauce. Remove from the blender, season, and set aside. Alternatively: Add the garlicky peas and the yoghurt to a bowl. Mash with a fork or a potato masher until combined. Loosen with 2 tbsp of water, mix to combine and season.

**5. DINNER IS SERVED** Combine the shredded leaves with the chickpeas & onions. Make a bed of the green sauce, top with the loaded chickpeas, the baby marrow pieces, and the chicken slices. Well done, Chef!



## Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

## Nutritional Information

Per 100g

Energy	341kJ
Energy	82kcal
Protein	8.8g
Carbs	7g
of which sugars	2g
Fibre	2g
Fat	1.4g
of which saturated	0.5g
Sodium	60.4mg

## Allergens

Cow's Milk, Allium

Eat  
Within  
3 Days