



UCCOOK

Cajun Chicken Hummus Bowl

with dukkah spice & pickled onions

Hands-on Time: 40 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	253kJ	2047kJ
Energy	61kcal	490kcal
Protein	5.7g	46g
Carbs	5g	43g
of which sugars	2g	18g
Fibre	2g	13g
Fat	1.8g	14.2g
of which saturated	0.4g	3.6g
Sodium	113.4mg	916.9mg

Allergens: Allium, Sesame, Peanuts, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & finely slice</i>
150ml	200ml	Red Wine Vinegar
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Cajun Rub
300g	400g	Baby Tomatoes <i>rinse</i>
2	2	Bell Peppers <i>rinse, deseed & dice</i>
60g	80g	Green Leaves <i>rinse</i>
240ml	320ml	Hummus
15ml	20ml	Old Stone Mill Dukkah Spice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. SOME PREP In a bowl, combine the onion, the vinegar, and set aside in the fridge. Pat the chicken dry with paper towel, cut into 1cm chunks, coat with the NOMU rub, and season.

2. VEGGIES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tomatoes, the remaining fresh onion and the pepper until charred, 6-8 minutes (shifting occasionally). Remove from the pan and add seasoning.

3. CHICKEN Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the chicken until cooked through, 2-3 minutes (shifting as they colour). Remove from the pan.

4. JUST BEFORE SERVING Combine the green leaves with the onions (to taste), and the vinegar (to taste). Toss to coat and season.

5. DINNER IS READY Smear the hummus in a bowl, top with the Cajun chicken, side with the charred veggies, and the pickled onion salad. Finish with a sprinkle of the dukkah and dig in, Chef!