



Eat Within 3 Days

UCCOOK

Grilled Chicken & Crispy Lentil Salad

with Danish-style feta & a yoghurt drizzle

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	443kJ	2578kJ
Energy	106kcal	617kcal
Protein	9.9g	57.5g
Carbs	7g	38g
of which sugars	1.3g	7.7g
Fibre	2g	11.6g
Fat	4.4g	25.6g
of which saturated	1.6g	9.5g
Sodium	240mg	1400mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Chickpeas <i>drain & rinse</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
90g	120g	Pickled Onions <i>drain & slice</i>
150g	200g	Cucumber <i>rinse & slice into thin rounds</i>
75g	100g	Pitted Kalamata Olives <i>drain & roughly chop</i>
30ml	40ml	Lemon Juice
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU One For All Rub
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
120g	160g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the chickpeas and the lentils on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. MIX IT UP To a bowl, add the tomatoes, the onion, the cucumber, the olives, the lemon juice, and seasoning.

3. FRY THE CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel, cut into strips, and coat in the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. During the final 30 seconds, baste the chicken with a knob of butter. You may need to do this step in batches. Remove from the pan, season, and set aside.

4. ALMOST THERE.... In a small bowl, combine the yoghurt and $\frac{3}{4}$ of the dill. Loosen with 30ml [40ml] of water.

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