

UCCOOK

Spiced Chicken & Hummus Bowl

with bulgur wheat

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	309kJ	2028kJ
Energy	74kcal	485kcal
Protein	7.3g	48.1g
Carbs	8g	53g
of which sugars	2g	10g
Fibre	2g	12g
Fat	1.3g	8.2g
of which saturated	0.4g	2.8g
Sodium	62mg	404mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
1	1	Onion <i>peel & finely slice ¾ [1]</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
120ml	160ml	Red Wine Vinegar
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU BBQ Rub
150ml	200ml	Bulgur Wheat
300g	400g	Baby Tomatoes <i>rinse</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
45ml	60ml	Red Pepper Hummus
120ml	160ml	Greek Yoghurt

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Paper Towel
Water

1. SOME PREP In a bowl, combine the onion, cucumber and the vinegar. Season 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. GRAIN Boil the kettle. Place the bulgur wheat in a pot with 300ml **[400ml]** of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

3. VEGGIES Place a pan over medium-high heat. Lightly coat the baby tomatoes and the pepper with cooking spray or oil (optional). When hot, fry the veggies until charred, 5-7 minutes (shifting occasionally). Remove from the pan and add seasoning.

4. CHICKEN Return the pan to medium-high heat. Lightly coat the chicken with cooking spray or oil (optional) and fry until cooked through, 2-3 minutes (shifting as they colour). You may need to do this step in batches. Remove from the pan.

5. JUST BEFORE SERVING In a small bowl, combine the hummus with the yoghurt, and set aside. In a salad bowl, combine the bulgur and the veggies.

6. DINNER IS READY Bowl up the loaded bulgur, top with the chicken, and the pickled veggies. Finish with dollops of the hummus mix and dig in, Chef!