



# UCOOK

## Glorious Grilled Chicken

**with charred baby marrow, pecan nuts & Danish-style feta**

Juicy roasted chicken thighs served on a bed of fresh salad leaves topped with smoky charred baby marrow-loaded couscous. Sprinkled with creamy feta, sweet raisins & toasted pecan nuts. Dressed up with a balsamic vinaigrette for zing – this dish is simple & stunning!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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Quick & Easy

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 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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## Ingredients & Prep

2	Free-range Chicken Thighs
10ml	NOMU Poultry Rub
75ml	Couscous
20g	Salad Leaves
20g	Danish-style Feta
100g	Baby Marrow
10g	Pecan Nuts
10ml	Lemon Juice
10ml	Balsamic Vinegar
10g	Raisins

## From Your Kitchen

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

**1. ROAST MOMENT** Preheat the oven to 220°C. Place the chicken on a roasting tray. Pat dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until cooked through and becoming crispy, 25-30 minutes (shifting halfway).

**2. CUCKOO FOR COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**3. PREP STEP** While the couscous is steaming, rinse and roughly shred the salad leaves. Drain the feta. Rinse, trim, and cut the baby marrow into bite-sized chunks.

**4. A LIL NUTTY** Place the pecan nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan, roughly chop, and set aside.

**5. MERRY MARROW** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the baby marrow chunks until charred, 4-5 minutes (shifting occasionally). Remove from the pan and add to the bowl with the cooked couscous. Add ½ the lemon juice and toss until combined. Set aside. In a small bowl, combine the balsamic vinegar, the remaining lemon juice, seasoning, and a drizzle of olive oil.

**6. WINNER WINNER CHICKEN DINNER!** Make a bed of the shredded salad leaves. Top with the loaded couscous and the roasted chicken. Scatter over the drained feta, the toasted pecan nuts, and the raisins. Drizzle over the lemon-balsamic dressing. Well done, Chef!



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and season. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	778kJ
Energy	186kcal
Protein	13.6g
Carbs	13g
of which sugars	3.1g
Fibre	1.4g
Fat	8.8g
of which saturated	2.5g
Sodium	131.2mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Cook  
within 2  
Days