



U COOK

— COOKING MADE EASY

WARM LEBANESE CHICKEN

with veggie tabbouleh & avo hummus

A mouthwatering meal in minutes! Slices of tender chicken breast with crispy skin atop a tabbouleh of bulgar wheat, charred baby marrow, pickled tomatoes, and creamy avo hummus dressing.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Tami Schrire

 **Easy Peasy**

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Ingredients & Prep

120ml	Avocado Hummus
8g	Fresh Parsley rinsed & roughly chopped
40g	Green Leaves rinsed
200ml	Bulgur Wheat
10ml	Vegetable Stock
20ml	Red Wine Vinegar
300g	Baby Tomatoes halved
2	Free-Range Chicken Breasts Skin On
1	Onion peeled & thinly sliced
2	Garlic Cloves peeled & grated
200g	Baby Marrow rinsed & cut into bit-size chunks

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Paper Towel
Water
Sugar/Sweetener/Honey

1. SOAK THE BULGUR Boil the kettle. Using a shallow bowl, submerge the bulgur wheat and vegetable stock in 400ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes. Once cooked, fluff up with the fork.

2. PICKLED TOMATOES Place the red wine vinegar in a bowl with 1 tsp of a sweetener of choice. Stir until the sweetener has dissolved. Add the halved baby tomatoes, toss to coat, and set aside to pickle.

3. FRAGRANT FRY-UP Select a pan that has a lid and is large enough to fry the chicken breasts. Place over a medium heat with a drizzle of oil. When hot, fry the sliced onion for 2-3 minutes until soft and translucent, shifting occasionally. In the final minute, add the grated garlic and fry until fragrant. Remove from the pan on completion and place in a salad bowl.

4. GRILLED BABY MARROW Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the baby marrow chunks for 5-6 minutes until beginning to char. Remove from heat and add to the bowl of onion and garlic.

5. CRISP THE CHICKEN Pat the chicken breasts dry with some paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken skin-side down for 5-7 minutes until the skin is crispy and golden. Flip the breasts, pop on the lid, and fry for a further 5-7 minutes until cooked through. Remove from the heat on completion and set aside to rest for 5 minutes before slicing. Lightly season the slices.

6. SALADY STUFF Mix the avo hummus with water in 5ml increments until drizzling consistency. Season to taste and set aside for serving. Drain the pickled baby tomatoes, reserving the liquid. Add the cooked bulgur wheat and baby tomatoes to the bowl of baby marrow, garlic, and onion. Add in three-quarters of the chopped parsley and some pickling liquid to taste. Toss to combine and season to taste. Toss the rinsed green leaves with a drizzle of oil.

7. DINNER TIME Plate up the veggie-packed bulgur alongside the fresh green leaves. Top with the chicken breast slices and garnish with the remaining parsley. Finish off with a substantial drizzle of avo hummus dressing. Delicious, Chef!

Nutritional Information

Per 100g

Energy (kj)	524kj
Energy (kcal)	125kcal
Protein	8g
Carbs	14g
of which sugars	2g
Fibre	3g
Fat	4g
of which saturated	1g
Salt	0g

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days