



UCOOK

Paprika Chicken & Charred Zucchini

with an apple salad

Whether you call it zucchini (Italian origin), courgette (inspired by French), or baby marrow (uniquely South African), this ingredient will feature in your meal today, Chef. Covered in spicy paprika and lightly charred, this versatile vegetable will share a plate with NOMU Cajun Rub-spiced chicken, a zesty apple salad with pops of toasted pumpkin seeds and a sour cream drizzle.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Suné van Zyl

*New Calorie Conscious

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

15g	Pumpkin Seeds
3	Free-range Chicken Breasts
22,5ml	NOMU Cajun Rub
450g	Baby Marrow <i>rinse, trim & cut into chunks</i>
15ml	Ground Paprika
2	Apples <i>rinse & slice 1½</i>
30ml	Lemon Juice
60g	Salad Leaves <i>rinse & roughly shred</i>
90ml	Sour Cream

From Your Kitchen

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

1. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CAJUN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. ZUCCHINI Return the pan, wiped down, to medium heat with a drizzle of oil. Coat the baby marrow chunks with the paprika. When hot, fry the chunks until lightly charred and cooked through, 2-3 minutes per side. Remove from the heat and season.

4. SALAD Place the sliced apple in a bowl with the lemon juice. Toss to coat the apple slices. Then toss through the shredded salad leaves and season. In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

5. TIME TO EAT Plate up the baby marrow. Side with the loaded apple salad and the Cajun chicken slices. Drizzle over the sour cream and sprinkle the toasted pumpkin seeds over the salad. Dig in, Chef!

Nutritional Information

Per 100g

Energy	315kj
Energy	75kcal
Protein	7.4g
Carbs	7g
of which sugars	5g
Fibre	2g
Fat	2.2g
of which saturated	0.8g
Sodium	85.2mg

Allergens

Cow's Milk, Allium

Eat
Within
3 Days