



UCCOOK

Harissa Chicken & Quinoa

with green beans, piquanté peppers & pumpkin seeds

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	551kj	2904kj
Energy	132kcal	695kcal
Protein	9.8g	51.5g
Carbs	14g	75g
of which sugars	3.4g	17.9g
Fibre	2.2g	11.8g
Fat	3.6g	19.2g
of which saturated	0.5g	2.5g
Sodium	280mg	1478mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Quinoa <i>rinse</i>
1	1	Chicken Stock Sachet
80g	160g	Green Beans <i>rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Pesto Princess Harissa Paste
150g	300g	Free-range Chicken Mini Fillets
100g	200g	Cucumber <i>rinse & roughly dice</i>
15ml	30ml	Lemon Juice
25g	50g	Piquanté Peppers <i>drain</i>
10g	20g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. **QUINOA** Place the quinoa in a pot with 150ml [300ml] of water and ½ [all] of the stock. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. **GREEN BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, add the garlic and a knob of butter. Remove from the pan, season and cover.

3. **CHICKEN** Loosen the harissa with a drizzle of oil and set aside. Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. Fry the chicken until golden and cooked through, 1-2 minutes per side. In the final minute, baste with the harissa. Remove from the pan with all the pan juices.

4. **TIME TO EAT** In a salad bowl, combine the quinoa, green beans, cucumber, lemon juice (to taste), peppers, pumpkin seeds, and a generous drizzle of olive oil. Dish up the loaded quinoa and top with the harissa chicken. Dig in, Chef!

Chef's Tip 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.