



UCOOK

Chicken & Creamy Green Sauce

with charred baby marrow & crispy chickpeas

The gorgeous green sauce you are about to make is the perfect addition to any salad that needs a bit of je ne sais quoi, Chef! Pan-fried garlicky peas are blended with yoghurt, which is poured over nutty chickpeas, juicy chicken slices, onion wedges & lightly charred baby marrow. Served with fresh salad leaves.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

120g	Chickpeas <i>drain & rinse</i>
1	Onion <i>peel & cut into thick wedges</i>
200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces on the diagonal</i>
2	Free-range Chicken Breasts
10ml	NOMU Roast Rub
100g	Peas
1	Garlic Clove <i>peel & grate</i>
100ml	Greek Yoghurt
40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Blender (optional)

1. CHICK & ONION Place a pan over medium-high heat with a drizzle of oil. When hot, fry the drained chickpeas and onion wedges until crispy and golden, 8-10 minutes (shifting occasionally). If the chickpeas start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively: Air fry at 200°C until cooked through and crispy, 15-20 minutes (shifting halfway).

2. MARROWS Return the pan to medium-high heat with a drizzle of oil if necessary. When hot, fry the baby marrow pieces until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and season.

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

4. CREAMY GREEN SAUCE Place a pan over medium heat with a drizzle of oil. When hot, fry the peas and the grated garlic until fragrant, 1-2 minutes. Remove from the pan and add to the blender along with the yoghurt and 4 tbsp of water. Pulse until a smooth sauce. Remove from the blender, season, and set aside. Alternatively: Add the garlicky peas and the yoghurt to a bowl. Mash with a fork or a potato masher until combined. Loosen with 4 tbsp of water, mix to combine and season.

5. DINNER IS SERVED Combine the shredded leaves with the chickpeas & onions. Make a bed of the green sauce, top with the loaded chickpeas, the baby marrow pieces, and the chicken slices. Well done, Chef!



Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

Nutritional Information

Per 100g

Energy	341kJ
Energy	82kcal
Protein	8.8g
Carbs	7g
of which sugars	2g
Fibre	2g
Fat	1.4g
of which saturated	0.5g
Sodium	60.4mg

Allergens

Cow's Milk, Allium

Eat
Within
3 Days