



Eat Within 3 Days

UCCOOK

Lentil & Chicken Salad

with Danish-style feta & a yoghurt drizzle

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	500kj	2934kj
Energy	120kcal	702kcal
Protein	11g	64.5g
Carbs	9g	51g
of which sugars	1.5g	9g
Fibre	2.9g	16.8g
Fat	4.2g	24.6g
of which saturated	1.9g	11.2g
Sodium	224mg	1315mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Chickpeas <i>drain & rinse</i>
180g	240g	Tinned Lentils <i>drain & rinse</i>
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
90g	120g	Pickled Onions <i>drain & slice</i>
150g	200g	Cucumber <i>rinse & slice into thin rounds</i>
75g	100g	Pitted Kalamata Olives <i>drain & roughly chop</i>
30ml	40ml	Lemon Juice
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU One For All Rub
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Dill
150g	200g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the chickpeas and the lentils on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. MIX IT UP To a bowl, add the tomato, the onion, the cucumber, the olives, the lemon juice, and seasoning.

3. FRY THE CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat in the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. During the final 30 seconds, baste the chicken with a knob of butter. You may need to do this step in batches. Remove from the pan, season, and set aside.

4. ALMOST THERE.... In a small bowl, combine the yoghurt and $\frac{3}{4}$ of the dill. Loosen with 30ml [40ml] of water.

5. IT'S THAT TIME Dish up the loaded tomato salad. Top with the crispy chickpeas & lentils and the chicken. Drizzle over the yoghurt, and crumble over the feta. Garnish with the remaining dill.