



# UCOOK

## Harissa Chicken & Quinoa

**with green beans, piquanté peppers & pumpkin seeds**

Are you keen for some loaded quinoa, Chef? Layers of fresh mint, sweet piquanté peppers, zesty lemon juice, buttery green beans, and fluffy quinoa form the flavour foundation, which is crowned with harissa-covered chicken fillets. Finished with toasted pumpkin seeds.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person


---

**Chef:** Hellen Mwanza

---

 **Quick & Easy**

---

 **Bertha Wines | Bertha Semillon 2022**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

75ml	Quinoa <i>rinse</i>
80g	Green Beans
3g	Fresh Mint
100g	Cucumber
25g	Piquanté Peppers
1	Garlic Clove
30ml	Pesto Princess Harissa Paste
10g	Pumpkin Seeds
150g	Free-range Chicken Mini Filletts
15ml	Lemon Juice

## From Your Kitchen

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

**1. QUINOA** Place the rinsed quinoa in a pot with 150ml of salted water. 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. SOME PREP** Rinse the green beans, the mint, and the cucumber. Drain and dice the piquante peppers. Trim and halve the green beans. Roughly chop the mint and dice the cucumber. Peel and grate the garlic. Loosen the harissa paste with 2 tbsp of water and set aside.

**3. TOAST** 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.

**4. GREEN BEANS** Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the halved green beans until lightly charred but still crunchy, 4-5 minutes. In the final minute, add the grated garlic and fry until fragrant. Season and remove from the pan.

**5. CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final minutes, baste with the loosened harissa. Remove from the pan with all the pan juices, and season.

**6. LOADED QUINOA** In a salad bowl, combine the fluffy quinoa, the diced cucumber, the garlicky green beans, the chopped mint, the diced peppers, the lemon juice (to taste), and seasoning.

**7. TIME TO EAT** Plate up the loaded quinoa. Top with the chicken and all the pan juices. Sprinkle over the toasted seeds. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	536kj
Energy	128kcal
Protein	10.2g
Carbs	13g
of which sugars	3.2g
Fibre	2.3g
Fat	3.4g
of which saturated	0.5g
Sodium	126mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within 3  
Days