



UCCOOK

Chicken & BBQ Sauce Flatbread

with feta, avocado, jalapeño & Danish-style feta

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	626kJ	3582kJ
Energy	150kcal	857kcal
Protein	8.1g	46.6g
Carbs	9g	52g
of which sugars	4.2g	24.2g
Fibre	3.1g	17.6g
Fat	9.5g	54.3g
of which saturated	2.3g	13.4g
Sodium	191mg	1093mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225g	300g	Sliced Onions
3	4	Free-range Chicken Breasts
22,5ml	30ml	NOMU BBQ Rub
150ml	200ml	The Sauce Queen Smokey BBQ Sauce
3	4	Pita Flatbreads
90ml	125ml	Sour Cream
2	2	Avocados
60g	80g	Danish-style Feta <i>drain</i>
30g	40g	Pickled Sliced Jalapenos <i>drain & roughly chop</i>
30g	40ml	Crispy Onion Bits

From Your Kitchen

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

- 1. ONION** Place a pan over medium heat with a drizzle of oil. Fry the onion until golden, 6-7 minutes (shifting occasionally). Season, remove from the pan and set aside.
- 2. CHICKEN** Return to the medium heat with a drizzle of oil. Pat the chicken dry with paper towel, roughly cut the chicken into strips, coat with the NOMU rub, and season. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the heat, mix in the BBQ sauce, the onions, and remove from the pan.
- 3. FLATBREAD & SOME PREP** Place a clean pan over medium heat. When hot, toast the pitas until heated through, 1-2 minutes per side. Loosen the sour cream with water in 5ml increments until drizzling consistency. Halve the avocado, remove the pip, and peel the skin off, keeping the flesh intact. Thinly slice one and a half [all]]#7DA0D7 of the avocado.
- 4. TIME TO EAT** Top the flatbreads with the chicken mixture, and the avocado slices and drizzle over the sour cream. Crumble over the feta, scatter over the jalapeños (to taste), sprinkle over the crispy onion bits, and cut into slices. Dig in, Chef.