



UCCOOK

Greek Chicken & Cauliflower Bowl

with Kalamata olives & Danish-style feta

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Olivia Johnstone

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 251kj | 1903kj |
| Energy | 60kcal | 456kcal |
| Protein | 6.1g | 46.4g |
| Carbs | 4g | 33g |
| of which sugars | 2.1g | 16.3g |
| Fibre | 1.4g | 10.8g |
| Fat | 1.7g | 13g |
| of which saturated | 0.7g | 5g |
| Sodium | 551mg | 4178mg |

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Cauliflower Florets <i>rinse & cut into bite-sized pieces</i> |
| 1 | 1 | Onion <i>peel & cut ½ [1] into wedges</i> |
| 1 | 2 | Free-range Chicken Breast/s |
| 10ml | 20ml | Greek Salt |
| 1 | 1 | Tomato <i>rinse & roughly dice</i> |
| 50g | 100g | Cucumber <i>rinse & roughly dice</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 20ml | 40ml | Lemon Juice |
| 20g | 40g | Pitted Kalamata Olives <i>drain & roughly slice</i> |
| 20g | 40g | Danish-style Feta <i>drain</i> |
| 5ml | 10ml | Dried Oregano |

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the cauliflower and onion on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. BUTTERY 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, baste the chicken with a knob of butter and the Greek salt. Remove from the pan and rest for 5 minutes before slicing.

3. FETA SALAD Place the tomatoes and cucumber into a salad bowl. Toss through the leaves, ½ the lemon juice (to taste), the olives, the feta, the oregano, a drizzle of olive oil and season. Set aside.

4. DELISH DINNER Serve up the roasted veg with the sliced chicken alongside. Drizzle with the remaining lemon juice (to taste). Plate the dressed salad on the side and get to eating, Chef!