



UCOOK

KWV's Chicken & Halloumi Skewers

with a basil pesto yoghurt drizzle

It's 'make your own kebabs' day today, Chef! Skewers packed with golden cubes of halloumi cheese & blistered baby tomatoes are dished up with butter-basted slices of pan-fried chicken breast. This is accompanied by a serving of herbaceous bulgur wheat and dollops of a Pesto Princess Basil Pesto-infused yoghurt.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: KWV Winery

Fan Faves

KWV - The Mentors | KWV The Mentors
Grenache Blanc

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Ingredients & Prep

200ml	Bulgur Wheat
160g	Halloumi <i>cut into cubes</i>
160g	Baby Tomatoes <i>rinse</i>
4	Wooden Skewers
120ml	Pesto Yoghurt <i>(80ml Low Fat Plain Yoghurt & 40ml Pesto Princess Basil Pesto)</i>
10g	Mixed Herbs <i>(5g Fresh Mint & 5g Fresh Parsley)</i>
2	Free-range Chicken Breasts

From Your Kitchen

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

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 400ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, drizzle with olive oil, season, fluff with a fork, and set aside.

2. HALLO HALLOUMI In a bowl, combine the halloumi cubes and the rinsed tomatoes with a drizzle of oil and seasoning. Thread the halloumi and the whole tomatoes onto the skewers until all the ingredients have been used up. Cut any remaining tomatoes in half, season, and set aside. In a small bowl, loosen the pesto yoghurt with water in 5ml increments until drizzling consistency. Set aside.

3. HERBACEOUS HERBS Rinse, pick, and roughly chop the mixed herbs. When the bulgur is done, toss through $\frac{3}{4}$ of the chopped herbs and set aside.

4. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. EN GUARDE! Place a grill pan or return the pan to high heat. When hot, grill the skewers until lightly charred and the tomatoes are slightly blistered, 4-5 minutes (shifting occasionally).

6. SENSATIONAL SKEWERS & CHICKEN MEAL Plate up the herby bulgur and top with the sliced chicken. Side with the charred skewers and drizzle it all with the pesto yoghurt. Garnish with the remaining herbs, and scatter over any halved tomatoes.

Nutritional Information

Per 100g

Energy	820kJ
Energy	196kcal
Protein	14.6g
Carbs	15g
of which sugars	0.4g
Fibre	3.7g
Fat	8.6g
of which saturated	4.5g
Sodium	162mg

Allergens

Egg, Gluten, Allium, Wheat, Tree Nuts, Cow's Milk

Eat
Within
3 Days