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GOOD FOOD | GOOD PEOPLE

Dazzling Za'atar Chicken

**with toasted pistachios & homemade
butter bean hummus**

Chicken thighs and legs roasted in fragrant za'atar spice, velvety hummus, crispy roast kale and butternut, and handfuls of pistachios and dried cranberries. A bold feast that draws on the vibrant food heritage of the Middle East.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett



Health Nut

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Ingredients & Prep

2	Free-Range Chicken Pieces
10ml	Za'atar Spice
250g	Butternut <i>rinsed, deseeded & cut into half-moons</i>
5g	Pistachio Nuts
2g	Fresh Rosemary <i>rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
120g	Butter Beans <i>drained & rinsed</i>
1	Lemon <i>one half cut into wedges</i>
50g	Kale <i>rinsed & roughly shredded</i>
20g	Green Leaves <i>rinsed</i>
5g	Dried Cranberries <i>roughly chopped</i>

From Your Kitchen

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

1. THE DAZZLING ROAST Preheat the oven to 200°C. Pat the chicken dry with some paper towel and place on one side of a roasting tray. Coat in oil, the za'atar spice, and seasoning. Place the butternut half-moons on the other side of the tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes, flipping the butternut at the halfway mark. On completion, the chicken should be cooked through and the butternut should be starting to crisp.

2. TOAST THE PISTACHIOS Place the pistachios in a pot over a medium heat. Toast for 2-4 minutes until starting to brown, shifting occasionally. Remove from the pot on completion and set aside to cool. Roughly chop when cool enough to handle.

3. BUTTER BEAN HUMMUS Return the pot to a low heat with a drizzle of oil or knob of butter. When slightly heated, sauté the rinsed rosemary sprigs and grated garlic for 2-3 minutes. Add the drained butter beans and 60ml of water. Bring to a simmer and cook for 4-5 minutes, stirring occasionally. On completion, stir in a squeeze of lemon juice and remove from the heat. Remove the rosemary, pick off 2-3 leaves, and return them to the pot, discarding the remainder. Pour into a blender or food processor and blend until a thick hummus. If too thick, gradually mix in water in small increments. Return to the pot, season, and cover with a lid. Set aside to keep warm until serving.

4. CRISPY KALE & FRESH LEAVES When the roast reaches the halfway mark, place the shredded kale in a bowl with a drizzle of oil, a squeeze of lemon juice, and some seasoning. Using your hands, gently massage until softened and coated in oil. When the roast has about 7 minutes remaining, scatter the kale over the butternut and cook for the remaining time until crispy. Place the rinsed green leaves in the bowl used for the kale. Add more oil and seasoning if necessary, and toss to coat.

5. DAZZLING DINNER! Smear a generous helping of butter bean hummus across a plate and top with the za'atar chicken. Plate the butternut and crispy kale on the side. Garnish with the toasted pistachios and chopped cranberries. Excellent work, Chef!



Chef's Tip

The butternut skin adds flavour and nutrients, but can be removed if you prefer.

Nutritional Information

Per 100g

Energy	442kj
Energy	106Kcal
Protein	8.4g
Carbs	8g
of which sugars	1.5g
Fibre	2.4g
Fat	4.4g
of which saturated	1.1g
Sodium	77mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days