

UCOOK

Honey Chicken, Olive & Jalapeño Pizza

with toasted almonds

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Delheim Wines | Delheim Gewürztraminer



Nutritional Info	Per 100g	Per Portion
Energy	617kJ	4249kJ
Energy	148kcal	1016kcal
Protein	9.3g	64.2g
Carbs	16.3g	112.4g
of which sugars	4.8g	33g
Fibre	2g	14g
Fat	4.2g	29.2g
of which saturated	1.4g	9.7g
Sodium	238mg	1638mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

45g	60g	Almonds
450g	600g	Free-range Chicken Mini Fillets
2	2	Onions <i>peel & finely slice 1½ [2]</i>
300ml	400ml	Tomato Passata
30ml	40ml	NOMU Italian Rub
60g	80g	Mixed Olives <i>(30g [40g] Pitted Kalamata Olives & 30g [40g] Pitted Green Olives)</i>
3	4	Pizza Bases
30ml	40ml	Honey
60g	80g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
150g	200g	Grated Mozzarella Cheese
8g	10g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter (optional)

1. POPPIN' RECIPE Preheat the oven to 200°C. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. SHREDDED 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. You may need to do this step in batches. Remove from the pan and place in a bowl. Shred with two forks, season, and set aside.

3. SWEET ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

4. ALL ABOUT THE TOMATO BASE In a small bowl, combine the tomato passata, the NOMU rub, and seasoning. Drain and roughly slice the mixed olives. Set both aside.

5. INTO THE OVEN Remove the pizza bases from the freezer. Spread the tomato sauce over the pizza base. Carefully slide the base directly onto the oven rack and cook until the base is crispy, 7-10 minutes.

6. ADD SOME TOPPINGS In the final 3-4 minutes, remove the pizzas from the oven and top with the chicken, the caramelised onion, and the olives. Drizzle generously with the honey. Scatter over the jalapeños and the cheese. Return to the oven for the remaining time until the cheese is melted.

7. PIZZA NIGHT! Garnish the chicken & jalapeño pizza with the toasted nuts and the basil. Finish it off with a crack of black pepper and a pinch of salt. Grab a slice, Chef!