



UCCOOK

Lentil & Chicken Greek Salad

with Danish-style feta & a yoghurt drizzle

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	407kJ	2929kJ
Energy	97kcal	701kcal
Protein	8.8g	63.2g
Carbs	9g	62g
of which sugars	2.1g	15.4g
Fibre	2.6g	18.5g
Fat	2.7g	19.1g
of which saturated	1.1g	7.7g
Sodium	112mg	804mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Chickpeas <i>drain & rinse</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
1	2	Tomato/es <i>rinse & cut into thin wedges</i>
1	1	Onion <i>peel & cut ¼ [½] into thin wedges</i>
50g	100g	Cucumber <i>rinse & slice into thin rounds</i>
25g	50g	Pitted Kalamata Olives <i>drain & roughly chop</i>
10ml	20ml	Lemon Juice
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU One For All Rub
50ml	100ml	Low Fat Plain Yoghurt
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the chickpeas and the lentils on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. MIX IT UP To a bowl, add the tomato, the onion (to taste), the cucumber, the olives, the lemon juice, and seasoning.

3. FRY THE CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat in the NOMU rub. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover, and fry until cooked through, 2-4 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.

4. ALMOST THERE.... To a small bowl, add the yoghurt and a splash of water until drizzling consistency.

5. IT'S THAT TIME Dish up the loaded tomato salad. Top with the crispy chickpeas & lentils and the sliced chicken. Drizzle over the yoghurt, and crumble over the feta. Enjoy!