



UCOOK

Honey Chicken, Olive & Jalapeño Pizza

with toasted poppy seeds & almonds

There's nothing wrong with the classic pizza combos, but if you want to really impress with your culinary skills, the ham & mushroom combo isn't going to cut it. So, grab the honey and let's make a bee-autiful pizza featuring a NOMU Italian Rub-spiced tomato sauce, shredded chicken, caramelised onions, an olive medley, and toasted almonds & poppy seeds.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Adventurous Foodie

 Paul Cluver | Village Pinot Noir 2022

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Ingredients & Prep

15ml	Poppy Seed & Nut Mix <i>(5ml Poppy Seeds & 10g Almonds)</i>
150g	Free-range Chicken Mini Fillets
1	Onion <i>peel & finely slice ½</i>
100ml	Tomato Passata
10ml	NOMU Italian Rub
20g	Mixed Olives <i>(10g Pitted Kalamata Olives & 10g Pitted Green Olives)</i>
1	Pizza Base
10ml	Honey
20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
50g	Grated Mozzarella Cheese
20g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. POPPIN' RECIPE Preheat the oven to 200°C. Place the poppy seed & nut mix 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. Remove from the pan and place in a bowl. Shred with two forks, season, and set aside.

3. SWEET ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. 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 base 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 When the pizza has 3-4 minutes remaining, remove from the oven and top with the shredded chicken, the caramelised onions, and the sliced olives. Drizzle generously with the honey. Scatter over the chopped jalapeños and the grated 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 seed & nut mix and the rinsed green leaves. Finish it off with a crack of black pepper and a pinch of salt. Grab a slice, Chef!

Nutritional Information

Per 100g

Energy	626kJ
Energy	150kcal
Protein	9.8g
Carbs	16g
of which sugars	4.8g
Fibre	2g
Fat	4.3g
of which saturated	1.5g
Sodium	228mg

Allergens

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

Cook
within 3
Days