



# U&COOK

## Mediterranean Chicken & Millet

with salad leaves & sour cream

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Waterkloof | Seriously Cool Chenin blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	498kj	2465kj
Energy	119kcal	590kcal
Protein	9.3g	46.2g
Carbs	14g	69g
of which sugars	1.8g	8.9g
Fibre	1.9g	9.3g
Fat	2.7g	13.3g
of which saturated	0.9g	4.3g
Sodium	71mg	350mg

**Allergens:** Cow's Milk, Allium

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
75ml	150ml	Millet
1	1	Onion <i>peel &amp; roughly slice ½ [1]</i>
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU Roast Rub
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
15ml	30ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
30ml	60ml	Sour Cream

## From Your Kitchen

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

**1. MAKE THE MILLET** Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml [300ml] of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

**2. CARAMELISED ONIONS** Place a pan (with a lid) over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**3. GOLDEN CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. LOAD WITH FLAVOUR** When the millet has cooled down, add the caramelised onion, the cucumber, the salad leaves, ½ the lemon juice, ½ the parsley, and seasoning. In a separate bowl, combine the sour cream, the remaining lemon juice, seasoning, and water in 5ml increments until drizzling consistency.

**5. YES, YOU'RE DONE!** Plate up the loaded millet salad, top with the grilled chicken slices, and drizzle over the sour cream dressing. Garnish with the remaining parsley. Enjoy!