



UCOOK

Za'atar Chicken & Labneh

with artichokes & sultanas

The flavour profile of this dish is out of this world! Za'atar roasted chicken pieces are laid next to a smear of labneh topped with crispy lentils & curry carrots that give this meal its earthy undertone. Topped with pistachios, sultanas, fresh mint & lemon zest to lift it back up to the heavens. Sided with a tomato, artichoke & green leaf salad. You can't go wrong!


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Rhea Hsu

 Adventurous Foodie

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

150ml	Dry Brown Lentils <i>rinsed</i>
6	Free-range Chicken Pieces
30ml	Za'atar Stone Mill Spice
15ml	Medium Curry Powder
300g	Baby Carrots <i>rinsed</i>
2	Lemons
8g	Fresh Mint
60g	Green Leaves
2	Tomatoes
120g	Artichoke Quarters <i>drained</i>
150ml	Labneh
45g	Nut & Sultana Mix <i>(30g Golden Sultanas & 15g Pistachio Nuts)</i>

From Your Kitchen

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

1. BOILED LENTILS Place the rinsed lentils in a pot with 1L of salted water. Bring to a boil. Reduce the heat and simmer until al dente, 15-20 minutes (stirring occasionally). Drain and cover.

2. FROM A TO ZA'ATAR Preheat the oven to 200°C. Place the chicken on a roasting tray. Pat dry with paper towel. Coat in oil and seasoning. Roast in the oven until cooked through and crisping up, 35-40 minutes (shifting halfway). In a bowl, combine the cooked lentils, the za'atar, seasoning, and a drizzle of oil. Set aside.

3. SPICE UP YOUR LIFE In a small bowl, combine the curry powder, 30ml of oil, and seasoning. Add an extra drizzle of oil if it is too thick. Spread out the rinsed baby carrots on a separate roasting tray and coat in the curry oil. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway).

4. ENJOYING THE LENTIL THINGS When the chicken has 15 minutes remaining, scatter the dressed lentils over the tray and cook for the remaining time. In the final 5 minutes, turn the oven on to the highest temperature or the grill setting to brown the chicken skin.

5. PREP STEP While the chicken is roasting, zest and cut the lemon into wedges. Rinse, pick, and roughly chop the mint. Rinse the green leaves. Rinse and roughly dice the tomatoes. Chop the drained artichokes into bite-sized pieces.

6. GET DRESSED FOR DINNER In a salad bowl, combine the juice of 6 lemon wedges, a drizzle of olive oil, ½ the lemon zest, a sweetener, and seasoning. Add the diced tomatoes, the artichoke pieces, and the rinsed green leaves. Toss until combined.

7. TIME TO FEAST Smear the labneh on the plate and top with the spiced baby carrots and the crispy lentils. Sprinkle over the nut & sultana mix, the chopped mint, and the remaining lemon zest (to taste). Drizzle over some olive oil. Side with the za'atar chicken and the dressed salad. Serve with any remaining lemon wedges. Well done, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and seasoning. Air fry, skin-side up, at 200°C until cooked through, 20-25 minutes (shifting halfway and adding the dressed lentils).

Nutritional Information

Per 100g

Energy	584kJ
Energy	139kcal
Protein	11.4g
Carbs	8g
of which sugars	3.1g
Fibre	2.9g
Fat	6.9g
of which saturated	3g
Sodium	202mg

Allergens

Gluten, Dairy, Sesame, Wheat,
Sulphites, Tree Nuts

Cook
within 3
Days