



Eat Within 3 Days

UCCOOK

Lentil & Chicken Salad

with Danish-style feta & a yoghurt drizzle

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	500kj	2934kj
Energy	120kcal	702kcal
Protein	11g	64.5g
Carbs	9g	51g
of which sugars	1.5g	9g
Fibre	2.9g	16.8g
Fat	4.2g	24.6g
of which saturated	1.9g	11.2g
Sodium	224mg	1315mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Chickpeas <i>drain & rinse</i>
60g	120g	Tinned Lentils <i>drain & rinse</i>
80g	160g	Baby Tomatoes <i>rinse & cut into quarters</i>
30g	60g	Pickled Onions <i>drain & slice</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
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	NOMU One For All Rub
50ml	100ml	Low Fat Plain Yoghurt
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
50g	100g	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, the cucumber, the olives, the lemon juice, and seasoning.

3. FRY THE CHICKEN Place a pan 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 until golden and cooked through, 1-2 minutes per side. During the final 30 seconds, baste the chicken with a knob of butter. Remove from the pan, season, and set aside.

4. ALMOST THERE.... In a small bowl, combine the yoghurt and $\frac{3}{4}$ of the dill. Loosen with 10ml [20ml] of water.

5. IT'S THAT TIME Dish up the loaded tomato salad. Top with the crispy chickpeas and lentils and the chicken. Drizzle over the yoghurt, and crumble over the feta. Garnish with the remaining dill.