



# UCOOK

## Golden Chicky & Dill-whipped Feta

**with charred green beans, leeks & honeyed nuts**

This recipe shows all the signs of being a classic but is not boring by any measure. Golden pan-fried chicken is served with a dill-whipped feta sauce and sided with charred green beans, leeks & a fresh artichoke salad. All topped off with a medley of honeyed macadamias, hazelnuts, & almonds.

---

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes


---

**Serves:** 3 People


---

**Chef:** Rhea Hsu

---

 Adventurous Foodie

---

 Alvi's Drift | Sparkling Brut Blanc de Blanc

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

150ml	Low Fat Plain Yoghurt
150g	Danish-style Feta <i>drained</i>
12g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
2	Lemons <i>1½ zested &amp; cut into wedges</i>
135g	Mixed Nuts <i>(45g Macadamia Nuts, 45g Hazelnuts &amp; 45g Almonds)</i>
60ml	Honey
300g	Leeks <i>trimmed at the base, quartered &amp; rinsed</i>
240g	Green Beans <i>trimmed</i>
3	Free-range Chicken Breasts
30ml	NOMU Poultry Rub
60g	Green Leaves <i>rinsed</i>
150g	Artichoke Quarters <i>drained &amp; cut into bite-sized pieces</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)  
Blender

**1. DILL-LICIOUS** In a small bowl, combine the yoghurt and the drained feta. Mash with a fork until smooth. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Stir through ½ the chopped dill, ½ the lemon zest (to taste), and seasoning.

**2. SHOW ME THE HONEY!** Roughly chop the mixed nuts. Place a large pan, with a lid, over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the chopped nuts until browned, 2-3 minutes. Remove from the heat and stir through the honey, the juice of 3 lemon wedges, the remaining lemon zest (to taste), and seasoning. Remove from the pan and set aside.

**3. CLASSIC COMBO** Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, fry the quartered leeks and the trimmed green beans until starting to char, 4-5 minutes (shifting occasionally). Add a splash of water and cover with a lid. Simmer until the water has evaporated, 2-3 minutes. In the final minute, toss in a knob of butter (optional). Remove from the pan. Squeeze over a drizzle of lemon juice, season, and cover.

**4. INTO THE FRYING PAN** Return the pan to a medium heat with a drizzle of oil. Pat the chicken breasts dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with a lid, and fry until cooked through, 2-4 minutes. During the final minute, baste the chicken with a knob of butter (optional) and the NOMU rub. Remove from the heat and set aside to rest for 5 minutes before slicing and seasoning.

**5. ALL ARTI-CHOKED UP** In a salad bowl, combine the rinsed green leaves, the artichoke pieces, the remaining dill, a squeeze of lemon juice, a drizzle of olive oil, and seasoning.

**6. LOOK AT THAT!** Smear the whipped feta on the plate. Top with the chicken slices. Side with the charred green beans & leeks and the dressed salad. Sprinkle over the honeyed nuts. Serve with any remaining lemon wedges. Well done, Chef!

## Nutritional Information

Per 100g

Energy	581kJ
Energy	139kcal
Protein	9.6g
Carbs	11g
of which sugars	5.6g
Fibre	2.6g
Fat	8g
of which saturated	2.3g
Sodium	185mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days