



UCOOK

Golden Chicken & Whipped Feta

with honeyed nuts, sweet potatoes & fresh lemon

Step into the whimsical world of Wonka with this delightful dinner recipe. Golden & tender chicken slices sit atop a decadent cloud of yoghurt-whipped feta. Accompanied by a scrumptious symphony of sweet potato wedges, a zesty lemon-dressed fig salad, and a sprinkle of honeyed nuts. How fantastic, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
50ml	Low Fat Plain Yoghurt
50g	Danish-style Feta <i>drained & crumbled</i>
1	Lemon <i>½ rinsed, zested & cut into wedges</i>
45g	Mixed Nuts <i>(15g Macadamia Nuts, 15g Hazelnuts & 15g Almonds)</i>
15ml	Honey
1	Free-range Chicken Breast
10ml	NOMU Poultry Rub
20g	Salad Leaves <i>rinsed & roughly shredded</i>
25g	Dried Figs <i>roughly chopped</i>

From Your Kitchen

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

1. SWEET WEDGES Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. WONKA WHIP In a small bowl, combine the yogurt and the crumbled 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 lemon zest (to taste), the juice from 1 lemon wedge (to taste), and seasoning. Set aside.

3. SHOW ME THE HONEY! Roughly chop the mixed nuts. Place a 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, 1-2 minutes. Remove from the heat and stir through the honey, the juice of 1 lemon wedge, the remaining lemon zest (to taste), and seasoning. Remove from the pan and set aside.

4. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, 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.

5. SCRUMPTIOUS SALAD In a salad bowl, toss the shredded leaves with ½ the chopped dried figs, a squeeze of lemon juice, ½ the honeyed nuts, a drizzle of olive oil, and seasoning. Set aside.

6. MARVELLOUS! Smear the whipped feta on the plate. Top with the chicken slices and side with the sweet potato wedges and the lemon-dressed fig salad. Sprinkle over the remaining honeyed nuts and figs. Serve with any remaining lemon on the side. Wonderful, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and seasoning. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	616kJ
Energy	147kcal
Protein	9g
Carbs	14g
of which sugars	7.4g
Fibre	2.3g
Fat	7.4g
of which saturated	2.1g
Sodium	168mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days