



# UCOOK

## Crispy Cumin Coated Chicken

**with pumpkin chunks, chickpea salsa & sultanas**

Lush, crispy, cumin-coated chicken pieces sit alongside chunky pumpkin. A spicy chickpea salsa with sweet pops of golden sultanas and a zip of fried garlic elevates this wholesomely chic dish to a whole new level. Quick and easy, simple and tasty!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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♥ Health Nut

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🍷 Haute Cabrière | Chardonnay Pinot Noir

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## Ingredients & Prep

|      |                                                                  |
|------|------------------------------------------------------------------|
| 2    | Free-range Chicken Pieces                                        |
| 5ml  | Ground Cumin                                                     |
| 250g | Pumpkin Chunks<br><i>rinsed &amp; cut into bite-sized chunks</i> |
| 120g | Chickpeas<br><i>drained &amp; rinsed</i>                         |
| 1    | Garlic Clove<br><i>peeled &amp; grated</i>                       |
| 10g  | Golden Sultanas<br><i>roughly chopped</i>                        |
| 1    | Onion<br><i>½ peeled &amp; finely diced</i>                      |
| 80g  | Baby Tomatoes<br><i>quartered</i>                                |
| 5g   | Fresh Coriander<br><i>rinsed, picked &amp; roughly chopped</i>   |
| 1    | Fresh Chilli<br><i>deseeded &amp; finely chopped</i>             |
| 20ml | White Wine Vinegar                                               |

## From Your Kitchen

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

**1. START** Preheat the oven to 200°C. Place the chicken pieces on half of a roasting tray, toss with the cumin and oil, and season. Place the pumpkin pieces on the half of the roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp.

**2. CRISPY CHICKPEAS** Place a pan over a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 10-12 minutes until crispy and golden in colour. For the best result, only shift occasionally. If they start to pop out, use a lid to rein them in! In the final 1-2 minutes, add the grated garlic, chopped sultanas, and fry for 1-2 minutes until fragrant, shifting constantly.

**3. SPICY SALSA** Place the crispy chickpeas mixture in a bowl. Add the diced onion to taste, baby tomatoes, and ½ of the chopped coriander. Toss through sliced chilli, white wine vinegar, and seasoning — all to taste!

**4. DELICIOUS DINNER** Plate up the pumpkin alongside the chicken and chickpea salsa. Garnish with the remaining coriander. Well done, Chef!



## Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 515kJ   |
| Energy             | 123Kcal |
| Protein            | 7.3g    |
| Carbs              | 16g     |
| of which sugars    | 3.4g    |
| Fibre              | 3.6g    |
| Fat                | 2.9g    |
| of which saturated | 0.7g    |
| Sodium             | 18mg    |

## Allergens

Allium, Sulphites

Cook  
within 3  
Days