



# 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:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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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

|      |  |
|------|--|
| 6    | Free-range Chicken Pieces  |
| 15ml | Ground Cumin   |
| 750g | Pumpkin Chunks<br><i>rinsed &amp; cut into bite-sized chunks</i> |
| 360g | Chickpeas<br><i>drained &amp; rinsed</i>                         |
| 3    | Garlic Cloves<br><i>peeled &amp; grated</i>                      |
| 30g  | Golden Sultanas<br><i>roughly chopped</i>                        |
| 1    | Onion<br><i>peeled &amp; finely diced</i>                        |
| 240g | Baby Tomatoes<br><i>quartered</i>                                |
| 15g  | Fresh Coriander<br><i>rinsed, picked &amp; roughly chopped</i>   |
| 2    | Fresh Chillies<br><i>deseeded &amp; finely chopped</i>           |
| 60ml | 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 a roasting tray. Pat dry with some paper towel, toss with the cumin and oil, and season. Place the pumpkin pieces on a separate roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 35-40 minutes until cooked through and starting to crisp.

**2. CRISPY CHICKPEAS** Place a large pan over a medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 15-20 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