



UCOOK

Greek Chicken Drumsticks

with a loaded bulgur wheat salad

This dish brings nutty bulgur wheat as the base, loaded with the winning taste trio of onion, tomato & cucumber. Creamy feta, golden drumsticks & fresh oregano complete this memorable meal.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Morgan Nell

 ***NEW Simple & Save**

 **Waterkloof | False Bay Sauvignon Blanc**

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Ingredients & Prep

150ml	Bulgar Wheat
4	Free-range Chicken Drumsticks
10ml	NOMU One For All Rub
200g	Cucumber <i>cut into bite-sized chunks</i>
1	Red Onion <i>½ peeled & finely diced</i>
1	Tomato <i>roughly diced</i>
1	Lemon <i>cut into wedges</i>
8g	Fresh Oregano <i>rinsed & roughly chopped</i>
100g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. BULGUR KING Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 200ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked. Fluff up with a fork, cover, and set aside.

2. *DRUMROLL* Pat the chicken drumsticks dry with paper towel and season. Place a pan, with a lid, over medium-high heat with a drizzle of oil. When hot, add the chicken and fry for 12-15 minutes until cooked through, shifting as it colours. At the halfway mark, cover with the lid. In the final 1-2 minutes, remove the lid and baste with the rub.

3. BOWL OF GREEK GOODNESS To the bowl with the cooked bulgur, add the cucumber chunks, the diced onion (to taste), the diced tomatoes, the juice from 2 lemon wedges, a drizzle of olive oil, seasoning, and ½ the chopped oregano. Crumble in the drained feta and toss until combined.

4. OPA! Plate up the loaded Greek bulgur. Top with the chicken and sprinkle over the remaining oregano. Great work, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the chicken? Coat in oil, the rub, and seasoning. Pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	574kJ
Energy	137kcal
Protein	9.7g
Carbs	11g
of which sugars	1.8g
Fibre	2.2g
Fat	6.4g
of which saturated	2.5g
Sodium	134mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within 3
Days