



# UCCOOK

## Middle Eastern Chicken Strips

with sumac sweet potato wedges & a lemon hummus drizzle

Egyptian dukkah makes for a crunchy coating for tender, grilled chicken strips and a perfect flavour partner for sumac-spiced sweet potato – all doused in a lemon & hummus dressing.

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**Hands-on Time:** 25 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Klaudia Weixelbaumer

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 Fan Faves

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc 2021

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## Ingredients & Prep

750g	Sweet Potato <i>rinsed &amp; cut into wedges</i>
15ml	Sumac Spice
90ml	Hummus
2	Lemons <i>1½ cut into wedges</i>
240g	Green Beans <i>rinsed, trimmed &amp; sliced in half</i>
10g	Fresh Mint <i>rinsed, picked &amp; roughly sliced</i>
120g	Danish-style Feta <i>drained &amp; crumbled</i>
450g	Free-range Chicken Mini Fillets
125ml	Dukkah

## From Your Kitchen

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

**1. SUMAC SWEET POTATO** Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up. At the halfway mark, give them a shift and sprinkle over the sumac. Return to the oven for the remaining roasting time.

**2. LEMONY-HUMMUS** In a bowl, combine the hummus, a squeeze of lemon juice, and seasoning. Loosen with water in 5ml increments until drizzling consistency.

**3. MINTY GREENS** Place a pan over a medium-high heat with a drizzle of oil. Once hot, add the sliced green beans and fry for 6-8 minutes until browned, shifting occasionally. You may need to do this step in batches. On completion, place in a bowl with ½ of the sliced mint, the crumbled feta, and seasoning. Toss until combined. Set aside.

**4. GET THAT CHICKY GOLDEN** Pat the chicken dry with some paper towel and toss with a drizzle of oil, then lightly coat in the dukkah. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the coated chicken pieces for 1-2 minutes per side or until cooked through and crisping up. In the final 30-60 seconds, add any remaining crumb. You may need to do this step in batches. Remove from the pan on completion, season and allow to rest for 3 minutes before serving.

**5. AROMAS OF THE MIDDLE EAST** Plate up the sumac sweet potatoes and the minty green salad alongside the dukkah-crust chicken. Drizzle over the lemony-hummus and garnish with a sprinkle of the remaining mint. Serve with any remaining lemon wedges. Wow!

## Nutritional Information

Per 100g

Energy	486kJ
Energy	116kcal
Protein	8.4g
Carbs	10g
of which sugars	3.3g
Fibre	2.3g
Fat	4.6g
of which saturated	1.6g
Sodium	203mg

## Allergens

Dairy, Allium, Sesame, Sulphites, Tree Nuts

Cook  
within 3  
Days