



# UCCOOK

## Chicken & Honey Walnut Salad

with pomegranate gems, Danish-style feta & fresh mint

You've probably had many chicken salads in your life, Chef, but never a life-changing one like this! A walnut & pumpkin seed brittle is one of the many surprising elements of this salad. Paired with pops of pomegranate gems, roasted pumpkin, a zesty sumac dressing, fresh mint, creamy crumbly feta, and golden chicken slices.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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 Carb Conscious

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 Paserene | Bright Chardonnay

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## Ingredients & Prep

|      |  |
|------|--|
| 30g  | Walnuts<br><i>roughly chopped</i>                        |
| 15g  | Pumpkin Seeds  |
| 45ml | Honey  |
| 750g | Pumpkin Chunks<br><i>cut into bite-sized pieces</i>      |
| 30ml | Lemon Juice  |
| 15ml | Sumac Spice  |
| 60g  | Green Leaves<br><i>rinsed</i>                            |
| 8g   | Fresh Mint<br><i>rinsed, picked &amp; finely chopped</i> |
| 60g  | Pomegranate Gems   |
| 3    | Free-range Chicken Breasts                               |
| 15ml | NOMU Poultry Rub   |
| 120g | Danish-style Feta<br><i>drained</i>                      |

## From Your Kitchen

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

**1. NUT & SEED BRITTLE** Place the chopped walnuts and the pumpkin seeds in a pan over medium heat. Toast until turning brown, 2-4 minutes (shifting occasionally). Add 30g of butter and the honey. Allow to caramelise, 2-3 minutes. Try not to let it over-boil or it will burn. Once golden in colour and the bubbles subside, pour into a greased tray and place in the fridge to cool. Break into bite-sized pieces just before serving.

**2. ROASTED PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

**3. SUMAC DRESSING** In a bowl, combine the lemon juice, the sumac spice, and 45ml of olive oil. In a salad bowl, combine the rinsed green leaves, ½ the chopped mint, and ½ the pomegranate gems. Toss through ½ the sumac dressing and set aside.

**4. GOLDEN CHICKEN** Place a pan (with a lid) over 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 the NOMU rub and a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. SENSATIONAL SALAD** Make a bed of the dressed salad. Top with the roasted butternut and the chicken slices. Scatter over the remaining pomegranates and the brittle. Crumble over the feta and garnish with the remaining mint. Drizzle over the remaining sumac dressing.



## Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 498kJ   |
| Energy             | 119kcal |
| Protein            | 9.4g    |
| Carbs              | 10g     |
| of which sugars    | 5.5g    |
| Fibre              | 2.4g    |
| Fat                | 4.7g    |
| of which saturated | 1.8g    |
| Sodium             | 124mg   |

## Allergens

Dairy, Allium, Tree Nuts

Cook  
within 3  
Days