

QCOOK

Golden Chicken & Whipped Feta

with honeyed nuts, sweet potatoes & fresh lemon

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

Nutritional Info

	Per 100g	Per Portion
Energy	498kJ	4271kJ
Energy	119kcal	1022kcal
Protein	7.2g	61.4g
Carbs	13g	108g
of which sugars	6.1g	52.7g
Fibre	2.3g	20.1g
Fat	5.7g	48.9g
of which saturated	1.6g	13.7g
Sodium	129mg	1105mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse & cut into wedges</i>
50ml	100ml	Low Fat Plain Yoghurt
50g	100g	Danish-style Feta <i>drain & crumble</i>
1	1	Lemon <i>rimed, zested & cut into wedges</i>
45g	90g	Mixed Nuts <i>(15g [30g] Macadamia Nuts, 15g [30g] Hazelnuts & 15g [30g] Almonds)</i>
15ml	30ml	Honey
1	2	Free-range Chicken Breasts
10ml	20ml	NOMU Poultry Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
25g	50g	Dried Figs <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Blender

Paper Towel

Butter

1. SWEET WEDGES Preheat the oven to 200°C. Spread the sweet potatoes on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. WHIPPED FETA In a small bowl, combine the yoghurt and the feta. Mash with a fork until smooth. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Stir through ½ the lemon zest (to taste), the juice from 1 [2] lemon wedge/s (to taste), and seasoning. Set aside.

3. SHOW ME THE HONEY! Roughly chop the mixed nuts. Place a pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the nuts until browned, 1-2 minutes. Remove from the heat and stir through the honey, the juice of 1 [2] lemon wedge/s, the remaining lemon zest (to taste), and seasoning. Remove from the pan and set aside.

4. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. 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 with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SCRUMPTIOUS SALAD In a salad bowl, toss the salad leaves with ½ the dried figs, a squeeze of lemon juice, ½ the honeyed nuts, a drizzle of olive oil, and seasoning. Set aside.

6. MARVELLOUS! Smear the whipped feta on the plate. Top with the chicken slices and side with the sweet potato wedges and the lemon-dressed fig salad. Sprinkle over the remaining honeyed nuts and figs. Serve with any remaining lemon on the side. Wonderful, Chef!