



UCOOK

Caper-olive Chicken & Greek Chickpeas

with charred baby marrow & Danish-style feta

Take your taste buds on a quintessentially Greek trip - no visa required! A loaded Greek-style chickpea salad with olives, onion, charred baby marrow, and feta is sided with crispy chicken topped with a caper-olive salsa.


Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Kate Gomba

 Quick & Easy

 Paserene | The Shiner White Blend

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Ingredients & Prep

400g	Baby Marrow <i>rinsed, trimmed & sliced into bite-sized chunks</i>
160g	Olives & Capers <i>(120g Pitted Kalamata Olives & 40g Capers)</i>
60ml	Lemon Juice
8	Free-range Chicken Pieces
480g	Chickpeas
100g	Danish-style Feta
10g	Fresh Parsley
400g	Cucumber
1	Onion

From Your Kitchen

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

1. CHARRED MARROWS Place a pan or griddle pan over medium heat with a drizzle of oil. When hot, fry the baby marrow chunks until charred, 3-4 minutes per side. Remove from the pan and season.

2. SALSA ON THE SIDE Drain the olives & capers. Halve $\frac{1}{2}$ the drained olives and set aside for the salad. Roughly chop the drained capers and the remaining olives, and place in a bowl. Mix with $\frac{1}{4}$ of the lemon juice, a drizzle of olive oil, and a pinch of pepper.

3. CRISPY CHICKY Pat the chicken dry with paper towel and season. Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken on one side until browned, 4-6 minutes. Flip, cover, and fry until cooked through, 12-15 minutes.

4. PREP IN YOUR STEP While the chicken is cooking, drain the chickpeas and the feta. Rinse the drained chickpeas, the parsley and the cucumber. Roughly chop the parsley. Cut the cucumber into half-moons. Roughly dice $\frac{1}{2}$ of the onion.

5. SCRUMPTIOUS SALAD In a salad bowl, toss together the rinsed chickpeas, the cucumber half-moons, the diced onion (to taste), the halved olives, the charred baby marrow chunks, $\frac{1}{2}$ the chopped parsley, the remaining lemon juice (to taste), a drizzle of olive oil, and seasoning.

6. BIG FAT GREEK FEAST Bowl up the loaded chickpea salad. Crumble over the drained feta. Side with the crispy chicken. Spoon the caper & olive salsa over the chicken. Garnish with the remaining parsley. A party on a plate, Chef!

Nutritional Information

Per 100g

Energy	484kJ
Energy	116kcal
Protein	9.2g
Carbs	6g
of which sugars	1.9g
Fibre	1.7g
Fat	5.7g
of which saturated	1.8g
Sodium	124mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days