



UCCOOK

Saucy BBQ Chicken Flatbread

with avocado, jalapeño & Danish-style feta

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	701kJ	4669kJ
Energy	168kcal	1117kcal
Protein	8g	53.6g
Carbs	15g	99g
of which sugars	4g	26.5g
Fibre	3g	20g
Fat	8.7g	58g
of which saturated	2.1g	13.8g
Sodium	237mg	1580mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Sliced Onions
150g	300g	Free-range Chicken Mini Fillets
7,5ml	15ml	NOMU BBQ Rub
50ml	100ml	The Sauce Queen Smokey BBQ Sauce
1	2	Pita Flatbread/s
30ml	60ml	Sour Cream
1	1	Avocado <i>cut in half & thinly slice ½ [1]</i>
20g	40g	Danish-style Feta <i>drain</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. ONION** Place a pan over medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). Season, remove from the pan and set aside.
- 2. CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Coat with the NOMU rub, and season. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the heat, mix in the BBQ sauce, the onion, and remove from the pan.
- 3. FLATBREAD & SOME PREP** Place a clean pan over medium heat. When hot, toast the pita/s until heated through, 1-2 minutes per side. Loosen the sour cream with water in 5ml increments until drizzling consistency.
- 4. TIME TO EAT** Top the flatbread/s with the chicken mixture, and the avocado slices and drizzle over the sour cream. Crumble over the feta, scatter over the jalapeños (to taste), sprinkle over the crispy onion bits, and cut into slices. Dig in, Chef.