



UCOOK

Greek Chicken & Millet

with Danish-style feta & fresh oregano

This dish brings nutty millet as the base, loaded with the winning taste of onion, cucumber & creamy feta. Topped with delicious golden chicken. Fresh oregano completes this classic meal.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Simple & Save

Strandveld | First Sighting Rosé

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Ingredients & Prep

75ml	Millet
2	Free-range Chicken Pieces
5ml	NOMU One For All Rub
50g	Cucumber <i>rinse & roughly dice</i>
1	Onion <i>peel & finely dice ¼</i>
10ml	Lemon Juice
3g	Fresh Oregano <i>rinse, pick & roughly chop</i>
20g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. MILLET Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml of salted water and a drizzle of olive oil. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. TASTY CHICKEN 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 with the lid, and fry until cooked through, 12-15 minutes. In the final 1-2 minutes, remove the lid and baste with a knob of butter (optional) and the NOMU rub.

3. BOWL OF GREEK GOODNESS To the cooked millet, add the diced cucumber, the diced onion (to taste), the lemon juice (to taste), ½ the chopped oregano, the crumbled feta, a drizzle of olive oil, and seasoning. Toss until combined.

4. OPA! Plate up the loaded Greek millet. Top with the chicken and sprinkle over the remaining oregano. Great work, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and seasoning. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	658kJ
Energy	157kcal
Protein	11.3g
Carbs	12g
of which sugars	1.8g
Fibre	1.6g
Fat	6.8g
of which saturated	2.1g
Sodium	96mg

Allergens

Allium, Cow's Milk

Eat
Within
3 Days