

# UCCOOK

## Honey & Sumac Chicken Salad

with dried pomegranate gems & Danish-style feta

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Samantha du Toit

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 410kJ    | 2061kJ      |
| Energy             | 98kcal   | 493kcal     |
| Protein            | 9.2g     | 46.1g       |
| Carbs              | 9g       | 43g         |
| of which sugars    | 4g       | 22g         |
| Fibre              | 2g       | 9g          |
| Fat                | 3g       | 15.1g       |
| of which saturated | 1.1g     | 5.4g        |
| Sodium             | 107.1mg  | 538.7mg     |

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

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                       |
|----------|------------|-------------------------------------------------------|
| 5g       | 10g        | Walnuts<br><i>roughly chop</i>                        |
| 5g       | 10g        | Pumpkin Seeds                                         |
| 250g     | 500g       | Pumpkin Chunks<br><i>cut into bite-sized pieces</i>   |
| 10ml     | 20ml       | Lemon Juice                                           |
| 5ml      | 10ml       | Sumac Spice                                           |
| 10ml     | 20ml       | Honey                                                 |
| 20g      | 40g        | Salad Leaves<br><i>rinse</i>                          |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i> |
| 15g      | 30g        | Dried Pomegranate Gems                                |
| 1        | 2          | Free-range Chicken Breast/s                           |
| 5ml      | 10ml       | NOMU Roast Rub                                        |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>                     |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. TOASTY NUTS & SEEDS** Preheat the oven to 200°C. Place the walnuts and the pumpkin seeds in a pan over medium heat. Toast until turning brown, 2-4 minutes (shifting occasionally).

**2. ROASTED PUMPKIN** Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**3. SUMAC DRESSING** In a small bowl, combine the lemon juice, the sumac spice, and the honey. In a salad bowl, combine the salad leaves, ½ the parsley, 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, spice the chicken with the NOMU rub. 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 pumpkin and the chicken slices. Scatter over the remaining pomegranates and crumble over the feta. Garnish with the remaining parsley, and the walnuts and pumpkin seeds. Drizzle over the remaining sumac dressing.