



# UCOOK

## Greek Chicken Drumsticks

with a loaded bulgur wheat salad

This dish brings nutty bulgur wheat as the base, loaded with the winning taste trio of onion, tomato & cucumber. Creamy feta, golden drumsticks & fresh oregano complete this memorable meal.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Morgan Nell

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 **\*NEW Simple & Save**

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 **Waterkloof | False Bay Sauvignon Blanc**

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## Ingredients & Prep

75ml	Bulgar Wheat
2	Free-range Chicken Drumsticks
5ml	NOMU One For All Rub
100g	Cucumber <i>cut into bite-sized chunks</i>
1	Red Onion <i>¼ peeled &amp; finely diced</i>
1	Tomato <i>roughly diced</i>
1	Lemon <i>cut into wedges</i>
4g	Fresh Oregano <i>rinsed &amp; roughly chopped</i>
50g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. BULGUR KING** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 15-20 minutes until cooked. Fluff up with a fork, cover, and set aside.

**2. \*DRUMROLL\*** Pat the chicken drumsticks dry with paper towel and season. Place a pan, with a lid, over medium-high heat with a drizzle of oil. When hot, add the chicken and fry for 12-15 minutes until cooked through, shifting as it colours. At the halfway mark, cover with the lid. In the final 1-2 minutes, remove the lid and baste with the rub.

**3. BOWL OF GREEK GOODNESS** To the bowl with the cooked bulgur, add the cucumber chunks, the diced onion (to taste), the diced tomatoes, the juice from 1 lemon wedge, a drizzle of olive oil, seasoning, and ½ the chopped oregano. Crumble in the drained feta and toss until combined.

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



## Chef's Tip

If you have an air fryer, why not use it to cook the chicken? Coat in oil, the rub, and seasoning. Pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	574kJ
Energy	137kcal
Protein	9.7g
Carbs	11g
of which sugars	1.8g
Fibre	2.2g
Fat	6.4g
of which saturated	2.5g
Sodium	134mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within 3  
Days