



# UCOOK

## Honey Chicken, Olive & Jalapeño Pizza

**with toasted poppy seeds & almonds**

There's nothing wrong with the classic pizza combos, but if you want to really impress with your culinary skills, the ham & mushroom combo isn't going to cut it. So, grab the honey and let's make a bee-autiful pizza featuring a NOMU Italian Rub-spiced tomato sauce, shredded chicken, caramelised onions, an olive medley, and toasted almonds & poppy seeds.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


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**Serves:** 3 People

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**Chef:** Samantha du Toit

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 Adventurous Foodie

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 Paul Cluver | Village Pinot Noir 2022

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## Ingredients & Prep

45ml	Poppy Seed & Nut Mix <i>(15ml Poppy Seeds &amp; 30g Almonds)</i>
450g	Free-range Chicken Mini Fillets
2	Onions <i>peel &amp; finely slice 1½</i>
300ml	Tomato Passata
30ml	NOMU Italian Rub
60g	Mixed Olives <i>(30g Pitted Kalamata Olives &amp; 30g Pitted Green Olives)</i>
3	Pizza Bases
30ml	Honey
60g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
150g	Grated Mozzarella Cheese
40g	Green Leaves <i>rinse</i>

## From Your Kitchen

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

**1. POPPIN' RECIPE** Preheat the oven to 200°C. Place the poppy seed & nut mix in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. SHREDDED CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and place in a bowl. Shred with two forks, season, and set aside.

**3. SWEET ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**4. ALL ABOUT THE TOMATO BASE** In a small bowl, combine the tomato passata, the NOMU rub, and seasoning. Drain and roughly slice the mixed olives. Set both aside.

**5. INTO THE OVEN** Remove the pizza bases from the freezer. Spread the tomato sauce over the pizza base. Carefully slide the base directly onto the oven rack and cook until the base is crispy, 7-10 minutes.

**6. ADD SOME TOPPINGS** When the pizzas have 3-4 minutes remaining, remove from the oven and top with the shredded chicken, the caramelised onions, and the sliced olives. Drizzle generously with the honey. Scatter over the chopped jalapeños and the grated cheese. Return to the oven for the remaining time until the cheese is melted.

**7. PIZZA NIGHT!** Garnish the chicken & jalapeño pizza with the toasted seed & nut mix and the rinsed green leaves. Finish it off with a crack of black pepper and a pinch of salt. Grab a slice, Chef!

## Nutritional Information

Per 100g

Energy	626kJ
Energy	150kcal
Protein	9.8g
Carbs	16g
of which sugars	4.8g
Fibre	2g
Fat	4.3g
of which saturated	1.5g
Sodium	228mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Cook  
within 3  
Days