



UCOOK

Cajun Chicken & Charred Zucchini

with an apple salad


Whether you call it zucchini (Italian origin), courgette (inspired by French), or baby marrow (uniquely South African), this ingredient will feature in your meal today, Chef. Covered in spicy paprika and lightly charred, this versatile vegetable will share a plate with NOMU Cajun Rub-spiced chicken, a zesty apple salad with pops of toasted pumpkin seeds and a sour cream drizzle.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Suné van Zyl

 Carb Conscious

 Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

5g	Pumpkin Seeds
1	Free-range Chicken Breast
7,5ml	NOMU Cajun Rub
150g	Baby Marrow <i>rinse, trim & cut into chunks</i>
5ml	Ground Paprika
1	Apple <i>rinse</i>
10ml	Lemon Juice
20g	Salad Leaves <i>rinse & roughly shred</i>
30ml	Sour Cream

From Your Kitchen

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

1. PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CAJUN CHICKEN Return the pan to 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, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. ZUCCHINI Return the pan, wiped down, to medium heat with a drizzle of oil. Coat the baby marrow chunks with the paprika. When hot, fry the chunks until lightly charred and cooked through, 2-3 minutes per side. Remove from the heat and season.

4. SALAD Cut ½ the apple into small cubes. In a salad bowl, combine the lemon juice with 1 tbsp of olive oil, seasoning, and a sweetener. Toss through the apple pieces and the shredded salad leaves. In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

5. TIME TO EAT Plate up the baby marrow. Side with the loaded apple salad and the cajun chicken slices. Drizzle over the sour cream and sprinkle the toasted pumpkin seeds over the salad. Dig in, Chef!

Nutritional Information

Per 100g

Energy	301kJ
Energy	72kcal
Protein	7.6g
Carbs	7g
of which sugars	4.5g
Fibre	1.6g
Fat	1.7g
of which saturated	0.6g
Sodium	87mg

Allergens

Allium, Cow's Milk

Cook
within 3
Days