



UCCOOK

Middle Eastern Chicken Mince Bowl

with baby tomatoes & red pepper hummus

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	297kJ	1634kJ
Energy	71kcal	391kcal
Protein	6.4g	35.1g
Carbs	5g	25g
of which sugars	1g	8g
Fibre	2g	9g
Fat	2.6g	14.5g
of which saturated	0.7g	3.7g
Sodium	145mg	799mg

Allergens: Sulphites, Sesame, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Chickpeas <i>drain & rinse</i>
225g	300g	Spinach <i>rinse</i>
450g	600g	Free-range Chicken Mince
2	2	Onions <i>peel & finely slice 1½ [2]</i>
30ml	40ml	NOMU Moroccan Rub
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
30ml	40ml	Lemon Juice
150ml	200ml	Red Pepper Hummus

From Your Kitchen

Seasoning (salt & pepper)

Water

Cooking Spray (or oil of your choice)

1. CHICKPEAS & SPINACH Place a pan (with a lid) over medium-high heat and lightly spray with cooking spray or a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Mix in the spinach and fry until wilted, 4-6 minutes. Remove from the pan and season.

2. MMMINCE Return the pan to medium-high heat and lightly spray with cooking spray or a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 [5-6] minutes (shifting occasionally). Add the onions and fry until lightly golden, 4-5 minutes. Mix in the NOMU rub and fry until fragrant, 30-60 seconds.

3. JUST BEFORE SERVING In a bowl, combine the tomatoes with the cucumber, the lemon juice (to taste) and season.

4. DINNER IS READY Dish up the chickpeas and spinach, side with the mince, the tomato and cucumber mix, and dollop over the hummus. Well done, Chef!