



UCCOOK

Chimichurri Chicken Kebabs & Soda Bread

with a tomato & bocconcini salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 649kJ | 4144kJ |
| Energy | 155kcal | 991kcal |
| Protein | 10.1g | 64.2g |
| Carbs | 18g | 115g |
| of which sugars | 1.4g | 9g |
| Fibre | 1.4g | 9.1g |
| Fat | 4.5g | 28.6g |
| of which saturated | 1.9g | 11.9g |
| Sodium | 285mg | 1818mg |

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 780ml | 1040ml | Herbed Flour <i>(750ml [1000ml] Cake Flour & 30ml [40ml] NOMU Spanish Rub)</i> |
| 7,5ml | 10ml | Bicarbonate of Soda |
| 375ml | 500ml | Buttermilk |
| 9 | 12 | Wooden Skewers |
| 90ml | 125ml | Pesto Princess Chimichurri Sauce |
| 125ml | 160ml | Greek Yoghurt |
| 30ml | 40ml | Lemon Juice |
| 450g | 600g | Free-range Chicken Mini Fillets |
| 30ml | 40ml | NOMU Poultry Rub |
| 240g | 320g | Baby Tomatoes <i>rinse & cut in half</i> |
| 9 | 12 | Bocconcini Balls <i>drain & cut into quarters</i> |
| 8g | 10g | Fresh Parsley <i>rinse, pick & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. START THE SODA BREAD Preheat the oven to 220°C. Lightly grease and flour a cake tin. In a large bowl, combine the herbed flour, the bicarb, and a pinch of salt. Add the buttermilk and mix until it forms a sticky dough. (Mix until just combined - don't overmix!) Add an extra splash of water if the dough is not coming together. Place on a floured surface and shape into a round, flat ball big enough for the greased tin. (You don't need to knead the dough!) Place into the greased tin and cut a deep cross in the top of the dough with a sharp knife. Pop in the hot oven and bake until browned and cooked through, 25-30 minutes.

2. SOAK THE SKEWERS Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning).

3. CHIMICHURRI In a bowl, combine the chimichurri sauce with the yoghurt, ½ the lemon juice (to taste), seasoning, and water in 5ml increments until drizzling consistency. Set aside.

4. CHICKEN KEBABS Thread the chicken onto each skewer, making sure that they are secure. Repeat, filling up each skewer, until all the skewers are full. Coat in oil, the NOMU rub, and seasoning. Place onto a roasting tray and roast in the hot oven until cooked through, 10-12 minutes (turning halfway). Baste with half of the chimichurri sauce in the final 1-2 minutes.

5. SIDE SALAD To a salad bowl, add the baby tomatoes. Toss with the bocconcini, ½ the parsley, the remaining lemon juice (to taste), seasoning, and a drizzle of olive oil. Set aside.

6. GOOD TO GO Plate up the chicken kebabs and drizzle over the remaining chimichurri sauce. Garnish with the remaining parsley. Serve the tomato & bocconcini salad on the side with the soda bread.