



UCOOK

Strandveld's Middle-Eastern Chicken

with chickpeas & a tahini dressing

This Middle-Eastern inspired chicken bowl puts other salads to shame, Chef! You'll see what we mean as soon as you taste a forkful of fresh greens, golden chickpeas, buttery & perfectly spiced slices of chicken, sweet raisins, crunchy croutons, toasted pine nuts, and the delicious tahini dressing, which adds a creamy zestiness.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Strandveld Winery

Quick & Easy

Strandveld | First Sighting Sauvignon Blanc

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Ingredients & Prep

| | |
|-------|---|
| 2 | Free-range Chicken Breasts |
| 15ml | NOMU One For All Rub |
| 120g | Chickpeas <i>drain & rinse</i> |
| 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 200g | Cucumber <i>rinse & cut into half-moons</i> |
| 60g | Artichoke Hearts <i>drain & roughly chop</i> |
| 40g | Raisins |
| 120ml | Tahini Dressing <i>(30ml Mayo, 20ml Tahini, 60ml Greek Yoghurt & 10ml Honey)</i> |
| 60g | Danish-style Feta <i>drain</i> |
| 60g | Croutons |
| 20g | Pine Nuts |

From Your Kitchen

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

1. COOK THE CHOOK Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 3-4 minutes. Flip, cover with a lid, and fry until cooked through, 3-4 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.

2. CRISPY CHICKPEAS Place a pan over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in.

3. PREP STEP In a salad bowl, toss together the shredded salad leaves, the cucumber half-moons, the chopped artichokes, the crispy chickpeas, and the raisins. In a small bowl, loosen the tahini dressing with water in 5ml increments until drizzling consistency.

4. SET THE TABLE Plate up the salad and top with the sliced chicken. Crumble over the feta and scatter over the croutons and the pine nuts. Drizzle over the loosened dressing.



Chef's Tip

Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 689kJ |
| Energy | 165kcal |
| Protein | 11.4g |
| Carbs | 14g |
| of which sugars | 5g |
| Fibre | 2.3g |
| Fat | 7g |
| of which saturated | 1.9g |
| Sodium | 197mg |

Allergens

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

Eat
Within
3 Days