



UCOOK

Chimichurri Chicken Kebabs & Soda Bread

with a tomato & bocconcini salad


Tender chicken mini fillets are coated in a zesty chimichurri-yoghurt sauce before being threaded onto skewers and roasted to perfection. Paired with a homemade rustic buttermilk soda bread, and sided with a vibrant tomato & bocconcini salad.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Morgan Otten

 Adventurous Foodie

 Waterkloof | False Bay Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

780ml	Herbed Flour <i>(750ml Cake Flour & 30ml NOMU Spanish Rub)</i>
7,5ml	Bicarbonate of Soda
375ml	Buttermilk
9	Wooden Skewers
90ml	Pesto Princess Chimichurri Sauce
125ml	Greek Yoghurt
2	Lemons <i>rinsed, 1½ zested & cut into wedges</i>
450g	Free-range Chicken Mini Fillets
30ml	NOMU Poultry Rub
240g	Baby Tomatoes <i>rinsed & halved</i>
12	Bocconcini Balls <i>drained & cut into quarters</i>
8g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

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, a squeeze of lemon juice, the lemon zest (to taste), seasoning, and water in 5ml increments until drizzling consistency. Set aside.

4. CHICKEN KEBABS Pat the chicken dry with paper towel. Thread the chicken strips 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 some of the chimichurri sauce in the final 1-2 minutes.

5. SIDE SALAD To a salad bowl, add the halved baby tomatoes. Toss with the bocconcini quarters, ½ the chopped parsley, the juice from 3 lemon wedges, seasoning, and a drizzle of olive oil. Set aside.

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

Nutritional Information

Per 100g

Energy	732kJ
Energy	179kcal
Protein	10.2g
Carbs	22g
of which sugars	1.4g
Fibre	1.6g
Fat	4.8g
of which saturated	2g
Sodium	194mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days