



# UCOOK

## Golden Chicken & Whipped Feta

with honeyed nuts, sweet potatoes & fresh lemon

Step into the whimsical world of Wonka with this delightful dinner recipe. Golden & tender chicken slices sit atop a decadent cloud of yoghurt-whipped feta. Accompanied by a scrumptious symphony of sweet potato wedges, a zesty lemon-dressed fig salad, and a sprinkle of honeyed nuts. How fantastic, Chef!

---

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

---

**Serves:** 3 People

---

**Chef:** Rhea Hsu

---

 Fan Faves

---

 Vergelegen | Premium Chardonnay

---

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

## Ingredients & Prep

750g	Sweet Potato <i>rinsed &amp; cut into wedges</i>
150ml	Low Fat Plain Yoghurt
150g	Danish-style Feta <i>drained &amp; crumbled</i>
2	Lemons <i>1½ rinsed, zested &amp; cut into wedges</i>
135g	Mixed Nuts <i>(45g Macadamia Nuts, 45g Hazelnuts &amp; 45g Almonds)</i>
45ml	Honey
3	Free-range Chicken Breasts
30ml	NOMU Poultry Rub
60g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
75g	Dried Figs <i>roughly chopped</i>

## From Your Kitchen

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

**1. SWEET WEDGES** Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

**2. WONKA WHIP** In a small bowl, combine the yogurt and the crumbled feta. Mash with a fork until smooth. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Stir through ½ the lemon zest (to taste), the juice from 3 lemon wedges (to taste), and seasoning. Set aside.

**3. SHOW ME THE HONEY!** Roughly chop the mixed nuts. Place a large pan (with a lid) over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the chopped nuts until browned, 2-3 minutes. Remove from the heat and stir through the honey, the juice of 3 lemon wedges, the remaining lemon zest (to taste), and seasoning. Remove from the pan and set aside.

**4. GOLDEN 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.

**5. SCRUMPTIOUS SALAD** In a salad bowl, toss the shredded leaves with ½ the chopped dried figs, a squeeze of lemon juice, ½ the honeyed nuts, a drizzle of olive oil, and seasoning. Set aside.

**6. MARVELLOUS!** Smear the whipped feta on the plate. Top with the chicken slices and side with the sweet potato wedges and the lemon-dressed fig salad. Sprinkle over the remaining honeyed nuts and figs. Serve with any remaining lemon on the side. Wonderful, Chef!



## Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and seasoning. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	616kJ
Energy	147kcal
Protein	9g
Carbs	14g
of which sugars	7.4g
Fibre	2.3g
Fat	7.4g
of which saturated	2.1g
Sodium	168mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days