



UCOOK

Chicken Kebabs & Spiced Soda Bread

with a tomato & bocconcini salad


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


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Morgan Offen

 Adventurous Foodie

 Muratie Wine Estate | Muratie Lady Alice MCC
Rosé 2018

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Ingredients & Prep

550ml	Spiced Flour <i>(500ml Cake Flour, 10ml Allspice, 20ml Ground Cinnamon & 20ml Brown Sugar)</i>
5ml	Bicarbonate of Soda
250ml	Buttermilk
6	Wooden Skewers
120ml	Chutney Yoghurt <i>(40ml Mrs Balls Chutney & 80ml Greek Yoghurt)</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
40g	Raisins <i>roughly chop</i>
300g	Free-range Chicken Mini Fillets
20ml	NOMU Poultry Rub
160g	Baby Tomatoes <i>rinse & halve</i>
8	Bocconcini Balls <i>drain & cut into quarters</i>
5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. START THE SODA BREAD Preheat the oven to 180°C. Lightly grease and flour a cake tin. In a large bowl, combine the spiced flour, the brown sugar, 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 cooked through, 30-35 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. CHUTNEY-YOGHURT In a bowl, combine the chutney yoghurt, a squeeze of lemon juice, the lemon zest (to taste), the chopped raisins, 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, 8-10 minutes (turning halfway). Baste with some of the chutney yoghurt 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 2 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 chutney yoghurt. Garnish with the remaining chopped parsley. Serve the tomato & bocconcini salad on the side with the spiced soda bread. Serve any remaining chutney yoghurt on the side for dunking.

Nutritional Information

Per 100g

Energy	633kJ
Energy	152kcal
Protein	8.9g
Carbs	22g
of which sugars	3.5g
Fibre	1.4g
Fat	3.1g
of which saturated	1.7g
Sodium	152mg

Allergens

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

Cook
within 3
Days