



UCCOOK

Lemon Chicken & Greek-style Salad

with couscous & fresh oregano

Crispy fried lemon chicken breast is served with a fresh tomato, cucumber, olive, feta, couscous and sunflower seed salad. The simplest dinners are so often the best, which is exactly the case here!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Sarah Hewitt

 Quick & Easy

 Creation Wines | Creation Sauvignon Blanc
2022

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

Ingredients & Prep

225ml	Couscous
300g	Baby Tomatoes
12g	Fresh Oregano
300g	Cucumber
120g	Pitted Kalamata Olives
150g	Danish-style Feta
60g	Salad Leaves <i>rinsed</i>
3	Free-range Chicken Breasts
30ml	NOMU One For All Rub
2	Lemons <i>1½ zested & cut into wedges</i>
12g	Fresh Parsley <i>rinsed & picked</i>
60g	Sunflower Seeds

From Your Kitchen

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

1. COUSCOUS Boil the kettle. Using a shallow bowl, submerge the couscous in 300ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

2. THE SALAD STEP While the couscous is steaming, rinse the tomatoes and the oregano. Pick the oregano leaves. Halve the baby tomatoes and cut the cucumber into half-moons. Drain the olives and the feta. In a salad bowl, combine the tomato, the cucumber half-moons, the drained olives and feta, a pinch of lemon zest, the picked oregano, the rinsed salad leaves, a drizzle of oil, and seasoning.

3. LEMON CHICKEN Place a pan (that has a lid) over a medium heat with a drizzle of oil. Pat the chicken breasts dry with some paper towel. When the pan is hot, fry the chicken skin-side down for 5-7 minutes until crispy and golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. During the final 1-2 minutes, baste the chicken with a knob of butter, the rub, and a squeeze of lemon juice. Remove from the heat and set aside to rest in the pan for 5 minutes. Lightly season.

4. FINISHING TOUCHES When the couscous is done, add to the bowl with the salad, toss to combine, and season.

5. LET'S EAT! Make a bed of the loaded couscous salad, top with the crispy chicken, and sprinkle over the parsley. Scatter over the sunflower seeds and serve any remaining lemon wedges on the side. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	641kJ
Energy	153kcal
Protein	9.5g
Carbs	10g
of which sugars	1.7g
Fibre	2.2g
Fat	8.1g
of which saturated	2.6g
Sodium	224mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days