

Eat Within 3 Days

UCOOK

Middle Eastern Chicken Tenders

with butternut chunks & baby marrow

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	303kJ	1925kJ
Energy	73kcal	460kcal
Protein	7.5g	47.8g
Carbs	6g	39g
of which sugars	2g	10g
Fibre	1g	9g
Fat	1.9g	12.2g
of which saturated	0.5g	3.4g
Sodium	126mg	801mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Butternut Chunks *cut into bite-sized pieces*
15ml	20ml	NOMU Moroccan Rub
90ml	120ml	Hummus
90ml	120ml	Greek Yoghurt
3	4	Free-range Chicken Breasts
2	2	Garlic Cloves *peel & grate*
60g	80g	Salad Leaves *rinse & roughly shred*
450g	600g	Baby Marrow *rinse, trim & peel into ribbons*
60g	80g	Pitted Green Olives *drain*
45ml	60ml	Chaloner Raspberry Vinegar

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. MOROCCAN BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in cooking spray or a drizzle of oil (optional), ½ the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. CREAMY HUMMUS To a bowl, add the hummus, and the yoghurt. Loosen with water in 5ml increments until drizzling consistency and season.

3. INTO THE FRYING PAN Pat the chicken dry with paper towel, and cut into strips. Lightly coat with cooking spray or oil (optional), garlic, the remaining NOMU rub, and seasoning. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside (you may have to do this step in batches).

4. OLIVE & BABY MARROW SALAD In a bowl, combine the salad leaves, baby marrow, olives, vinegar, and season.

5. MMMOUTHWATERING MEAL Dish up the fresh salad, and top with the golden chicken fillets. Side with the spiced butternut. Drizzle over the hummus dressing. Divine, Chef!