



UCOOK

Harissa Chicken & Quinoa

with green beans, piquanté peppers & pumpkin seeds

Are you keen for some loaded quinoa, Chef? Layers of fresh mint, sweet piquanté peppers, zesty lemon juice, buttery green beans, and fluffy quinoa form the flavour foundation, which is crowned with harissa-covered chicken fillets. Finished with toasted pumpkin seeds.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Hellen Mwanza

Quick & Easy

 Bertha Wines | Bertha Semillon 2022

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Ingredients & Prep

300ml	Quinoa <i>rinse</i>
320g	Green Beans
10g	Fresh Mint
400g	Cucumber
100g	Piquanté Peppers
2	Garlic Cloves
125ml	Pesto Princess Harissa Paste
40g	Pumpkin Seeds
600g	Free-range Chicken Mini Fillets
60ml	Lemon Juice

From Your Kitchen

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

1. QUINOA Place the rinsed quinoa in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. SOME PREP Rinse the green beans, the mint, and the cucumber. Drain and dice the piquante peppers. Trim and halve the green beans. Roughly chop the mint and dice the cucumber. Peel and grate the garlic. Loosen the harissa paste with 8 tbsp of water and set aside.

3. TOAST Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. GREEN BEANS Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the halved green beans until lightly charred but still crunchy, 5-6 minutes. In the final minute, add the grated garlic and fry until fragrant. Season and remove from the pan.

5. CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. In the final minutes, baste with the loosened harissa. Remove from the pan with all the pan juices, and season.

6. LOADED QUINOA In a salad bowl, combine the fluffy quinoa, the diced cucumber, the garlicky green beans, the chopped mint, the diced peppers, the lemon juice (to taste), and seasoning.

7. TIME TO EAT Plate up the loaded quinoa. Top with the chicken and all the pan juices. Sprinkle over the toasted seeds. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	536kj
Energy	128kcal
Protein	10.2g
Carbs	13g
of which sugars	3.2g
Fibre	2.3g
Fat	3.4g
of which saturated	0.5g
Sodium	126mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 3
Days