



# UCCOOK

## Greek Chicken & Cauliflower Bowl

with Kalamata olives & Danish-style feta

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Olivia Johnstone

**Wine Pairing:** Zevenwacht | Estate Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	251kj	1903kj
Energy	60kcal	456kcal
Protein	6.1g	46.4g
Carbs	4g	33g
of which sugars	2.1g	16.3g
Fibre	1.4g	10.8g
Fat	1.7g	13g
of which saturated	0.7g	5g
Sodium	551mg	4178mg

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

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

600g	800g	Cauliflower Florets <i>rinse &amp; cut into bite-sized pieces</i>
2	2	Onions <i>peel &amp; cut 1½ [2] into wedges</i>
3		Free-range Chicken Breasts
30ml	40ml	Greek Salt
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
150g	200g	Cucumber <i>rinse &amp; roughly dice</i>
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
60ml	80ml	Lemon Juice
60g	20g	Pitted Kalamata Olives <i>drain &amp; roughly slice</i>
60g	80g	Danish-style Feta <i>drain</i>
15ml	20ml	Dried Oregano

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Butter  
Seasoning (salt & pepper)

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the cauliflower and onion on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. BUTTERY CHICKEN** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the Greek salt. Remove from the pan and rest for 5 minutes before slicing.

**3. FETA SALAD** Place the tomatoes and cucumber into a salad bowl. Toss through the leaves, ½ the lemon juice (to taste), the olives, the feta, the oregano, a drizzle of olive oil and season. Set aside.

**4. DELISH DINNER** Serve up the roasted veg with the sliced chicken alongside. Drizzle with the remaining lemon juice (to taste). Plate the dressed salad on the side and get to eating, Chef!