



# U C O O K

— COOKING MADE EASY

## Dukkah-Crusted Chicken Breast

**with sumac sweet potato wedges & a lemon yoghurt drizzle**

An Egyptian nut and spice blend, dukkah brings class to any dish. Here, it makes a crunchy coating for tender, grilled chicken and a perfect flavour partner for sumac-spiced sweet potato — all doused in a ginger, lemon, and yoghurt dressing.

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**Hands-On Time:** 35 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Klaudia Weixelbaumer

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 **Health Nut**

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into wedges</i>
5ml	Sumac
1	Free-Range Chicken Breast
30ml	Dukkah
10g	Fresh Ginger <i>peeled &amp; finely sliced</i>
45ml	Greek Yoghurt
1	Lemon <i>one half cut into wedges</i>
80g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
20g	Green Leaves <i>rinsed</i>
3g	Fresh Mint <i>rinsed, picked &amp; roughly sliced</i>

## From Your Kitchen

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

**1. SUMAC SWEET POTATO** Preheat the oven to 200°C. Spread out the sweet potato wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up. At the halfway mark, give them a shift and sprinkle over the sumac. Return to the oven for the remaining cooking time.

**2. CHICKEN PREP** Pat the chicken breast dry with paper towel and place on a cutting board, flat-side down. Lay the palm of your non-cutting hand on top of the breast. Using a sharp knife, slice through horizontally to make two thin breast pieces. Lay them side-by-side and cover with cling wrap. Using a mallet, an empty jar, or a rolling pin, flatten and tenderise them by gently pounding until halved in thickness. Coat in the dukkah, season, and set aside for frying.

**3. GINGER & LEMON YOGHURT** Place a nonstick pan over a medium heat with a drizzle of oil. When hot, fry the sliced ginger for about a minute until fragrant and starting to crisp. Remove from the pan and allow to drain on some paper towel. Once cooled, transfer to a bowl and add in the yoghurt and the juice of 1 lemon wedge. Mix to combine, season, and set aside for serving.

**4. MINTY GREENS** Return the pan to a medium-high heat with a splash of water to cover the base. Once bubbling, simmer the sliced green beans for 3-4 minutes until cooked al dente. On completion, place in a bowl with the rinsed green leaves and sliced mint. Toss together with a drizzle of oil and some seasoning. Set aside for serving.

**5. GET THAT CHICKY GOLDEN** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the chicken pieces for 2-3 minutes per side until cooked through and crisping up. Remove from the pan on completion and allow to rest for 3 minutes before serving.

**6. AROMAS OF THE MIDDLE EAST** Plate up the sumac sweet potato and minty greens alongside the dukkah-crusted chicken. Drizzle over the ginger and lemon yoghurt to taste. Wow!



## Chef's Tip

Spinach is rich in vitamin K. This micronutrient is vital for wound healing, bone health, important cognitive functions, and lowering blood pressure. Add baby spinach to sauces or smoothies for a vitamin K kick!

## Nutritional Information

Per 100g

Energy	398kJ
Energy	95Kcal
Protein	7.5g
Carbs	10g
of which sugars	3.3g
Fibre	2.3g
Fat	2.6g
of which saturated	0.5g
Sodium	117mg

## Allergens

Dairy, Peanuts, Tree Nuts

Cook  
within 3  
Days