



UCOOK

Golden Chicky & Dill-whipped Feta

with charred green beans, leeks & honeyed nuts


This recipe shows all the signs of being a classic but is not boring by any measure. Golden pan-fried chicken is served with a dill-whipped feta sauce and sided with charred green beans, leeks & a fresh artichoke salad. All topped off with a medley of honeyed macadamias, hazelnuts, & almonds.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Alvi's Drift | Sparkling Brut Blanc de Blanc

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Ingredients & Prep

50ml	Low Fat Plain Yoghurt
50g	Danish-style Feta <i>drained</i>
4g	Fresh Dill <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
45g	Mixed Nuts <i>(15g Macadamia Nuts, 15g Hazelnuts & 15g Almonds)</i>
20ml	Honey
100g	Leeks <i>trimmed at the base, quartered & rinsed</i>
80g	Green Beans <i>trimmed</i>
1	Free-range Chicken Breast
10ml	NOMU Poultry Rub
20g	Green Leaves <i>rinsed</i>
50g	Artichoke Quarters <i>drained & cut into bite-sized pieces</i>

From Your Kitchen

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

1. DILL-LICIOUS In a small bowl, combine the yoghurt and the drained feta. Mash with a fork until smooth. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Stir through ½ the chopped dill, ½ the lemon zest (to taste), and seasoning.

2. SHOW ME THE HONEY! Roughly chop the mixed nuts. Place a pan, with a lid, over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the chopped nuts until browned, 1-2 minutes. Remove from the heat and stir through the honey, the juice of 1 lemon wedge, the remaining lemon zest (to taste), and seasoning. Remove from the pan and set aside.

3. CLASSIC COMBO Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, fry the quartered leeks and the trimmed green beans until starting to char, 3-4 minutes (shifting occasionally). Add a splash of water and cover with a lid. Simmer until the water has evaporated, 2-3 minutes. In the final minute, toss in a knob of butter (optional). Remove from the pan. Squeeze over a drizzle of lemon juice, season, and cover.

4. INTO THE FRYING PAN Return the pan to a medium heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with a lid, and fry until cooked through, 2-4 minutes. During the final minute, baste the chicken with a knob of butter (optional) and the NOMU rub. Remove from the heat and set aside to rest for 5 minutes before slicing and seasoning.

5. ALL ARTI-CHOKED UP In a salad bowl, combine the rinsed green leaves, the artichoke pieces, the remaining dill, a squeeze of lemon juice, a drizzle of olive oil, and seasoning.

6. LOOK AT THAT! Smear the whipped feta on the plate. Top with the chicken slices. Side with the charred green beans & leeks and the dressed salad. Sprinkle over the honeyed nuts. Serve with any remaining lemon wedges. Well done, Chef!

Nutritional Information

Per 100g

Energy	581kJ
Energy	139kcal
Protein	9.6g
Carbs	11g
of which sugars	5.6g
Fibre	2.6g
Fat	8g
of which saturated	2.3g
Sodium	185mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days