

UCCOOK

Spiced Chicken & Hummus Bowl

with bulgur wheat

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	309kJ	2028kJ
Energy	74kcal	485kcal
Protein	7.3g	48.1g
Carbs	8g	53g
of which sugars	2g	10g
Fibre	2g	12g
Fat	1.3g	8.2g
of which saturated	0.4g	2.8g
Sodium	62mg	404mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	1	Onion <i>peel & finely slice ¼ [½]</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
40ml	80ml	Red Wine Vinegar
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	NOMU BBQ Rub
50ml	100ml	Bulgur Wheat
100g	200g	Baby Tomatoes <i>rinse</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into bite-sized pieces</i>
15ml	30ml	Red Pepper Hummus
40ml	80ml	Greek Yoghurt

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Paper Towel

Water

1. **SOME PREP** In a bowl, combine the onion, cucumber and the vinegar. Season and set aside in the fridge. Pat the chicken dry with paper towel, cut into 1cm chunks, coat with the NOMU rub, and season.

2. **GRAIN** Boil the kettle. Place the bulgur wheat in a pot with 100ml [200ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

3. **VEGGIES** Place a pan over medium-high heat. Lightly coat the baby tomatoes and the pepper with cooking spray or oil (optional). When hot, fry the veggies until charred, 3-5 minutes (shifting occasionally). Remove from the pan and add seasoning.

4. **CHICKEN** Return the pan to medium-high heat. Lightly coat the chicken with cooking spray or oil (optional) and fry until cooked through, 2-3 minutes (shifting as they colour). Remove from the pan.

5. **JUST BEFORE SERVING** In a small bowl, combine the hummus with the yoghurt, and set aside. In a salad bowl, combine the bulgur and the veggies.

6. **DINNER IS READY** Bowl up the loaded bulgur, top with the chicken, and the pickled veggies. Finish with dollops of the hummus mix and dig in, Chef!