



UCOOK

Bacon & Chicken Chimichurri Sandwich

with spicy green beans

Toasted ciabatta is layered with creamy chimichurri, fresh green leaves, tender chicken mini fillets, and crispy bacon strips, all crowned with a melty, cheesy top bun. Served alongside vibrant green beans, finished with a scattering of jalapeños for a zesty kick.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Deetlefs Wine Estate | Deetlefs Stonecross
Sauvignon Blanc

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Ingredients & Prep

80g	Green Beans <i>rinse</i>
2 strips	Streaky Pork Bacon
150g	Free-range Chicken Mini Fillets
1	Ciabatta Roll
40g	Grated Cheddar Cheese
80ml	Creamy Chimichurri <i>(40ml Mayo & 40ml Pesto Princess Chimichurri Sauce)</i>
20g	Green Leaves <i>rinse</i>
20g	Sliced Pickled Jalapeños <i>drain</i>

From Your Kitchen

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

1. FRY THE BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). Remove from the pan, season and cover.

2. CHICKEN & BACON Return the pan to medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Return the pan to medium heat with a drizzle of oil (if necessary). Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

3. CHEESE-PULL PREP Halve the bun, spread butter or oil over the cut-side, and sprinkle the cheese over the top bun. Place in the air fryer or oven and toast until the cheese has melted, 4-5 minutes.

4. ASSEMBLE YOUR SARMIE Spread the bottom bun with the creamy chimichurri. Top with the rinsed green leaves, the chicken strips, the crispy bacon strips, and top with the cheesy bun. Side with the green beans and scatter the drained jalapeños over the beans. Tuck in!

Nutritional Information

Per 100g

Energy	902kJ
Energy	216kcal
Protein	11.8g
Carbs	17g
of which sugars	3g
Fibre	1.7g
Fat	11.2g
of which saturated	2.6g
Sodium	360.2mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Cow's Milk

Eat
Within
2 Days