



UCCOOK

Grilled Pear, Blue Cheese & Chicken

with roasted beets and balsamic reduction

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	383kJ	2790kJ
Energy	92kcal	667kcal
Protein	6.8g	49.8g
Carbs	9g	67g
of which sugars	5.5g	39.9g
Fibre	2g	14.6g
Fat	2.8g	20.5g
of which saturated	1g	7.5g
Sodium	133mg	965mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30g	40g	Walnuts
3	4	Free-range Chicken Breasts
30ml	40ml	NOMU Poultry Rub
2	2	Pears <i>rinse, peel, core & cut 1½ [2] into wedges</i>
60g	80g	Green Leaves <i>rinse</i>
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
90g	120g	Blue Cheese <i>roughly chop</i>
45ml	60ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

Paper Towel

1. BEGIN THE BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. FOR CRUNCH Place the walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED CHICKEN Return the pan to 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 NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. PAIRED WITH PEAR Place a pan or griddle pan over medium heat with a drizzle of oil. Fry the pear until charred, 1-2 minutes per side. Remove from the pan and season.

5. NEXT-LEVEL SALAD To a bowl, add the leaves, the tomatoes, the blue cheese, the nuts, the beetroot, and the pear. Add the drizzle of olive oil and seasoning.

6. BEAUTIFUL Dish up the loaded salad, drizzle over the balsamic reduction, and side with the grilled chicken. Enjoy!