



UCCOOK

Bacon Brittle & Grilled Chicken

with grapes, feta & carrots

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	561kJ	3910kJ
Energy	134kcal	935kcal
Protein	8.4g	58.4g
Carbs	12g	80g
of which sugars	6.6g	46.3g
Fibre	1.5g	10.1g
Fat	6g	42g
of which saturated	2g	14.2g
Sodium	179mg	1245mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2 strips	4 strips	Streaky Pork Bacon <i>roughly chop</i>
15g	30g	Walnuts <i>roughly chop</i>
30ml	60ml	Honey
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU Oriental Rub
30ml	60ml	Lemon Juice
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
30g	60g	Danish-style Feta <i>drain</i>
100g	200g	Grapes <i>rinse</i>
3g	5g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. CARROTS Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. BACON BRITTLE Place a pan over medium-high heat. When hot, fry the bacon and the nuts until golden, 3-4 minutes. Add the honey and cook until caramelised, 1-2 minutes. Remove from the heat, pour into a greased tray and place in the fridge to cool. Break into bite-sized pieces just before serving.

3. GOLDEN CHICKEN Return the pan to medium heat, wiped down if necessary, with a drizzle of oil. Pat the chicken dry with paper towel. 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. GRAPE & FETA SALAD In a bowl, combine the lemon juice (to taste), and a drizzle of oil. Add the salad leaves, the feta, the grapes, and the carrots. Toss to coat and season.

5. SET THE TABLE Make a bed of the salad, and top with the chicken. Scatter over the brittle, and the basil. Enjoy!