

UCCOOK

Mustard Blistered Beans & Chicken

with goat's cheese & toasted walnuts


This is an elevated weeknight dinner guaranteed to hit the spot. Tender chicken breast slices sit next to a loaded salad packed with crispy chickpeas, mustard-infused green beans, and toasted walnuts topped with soft Chevin goat's cheese and a Dijon vinaigrette.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Carb Conscious

 Paserene | Bright Chardonnay

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
10g	Walnuts <i>roughly chopped</i>
20ml	Dijon Vinaigrette <i>(10ml Dijon Mustard & 10ml Red Wine Vinegar)</i>
1	Free-Range Chicken Breast
5ml	NOMU Poultry Rub
100g	Green Beans <i>rinsed & trimmed</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
25g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. GOLDEN CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the rinsed chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan, season, and set aside.

2. TOAST THE WALNUTS Return the pan to medium heat. Toast the chopped walnuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. DO THE DRESSING In a small bowl, combine the dijon vinaigrette with 15ml of olive oil, a sweetener, and seasoning. Mix until emulsified and set aside.

4. FRY THE 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, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 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.

5. CHAR THE GREEN BEANS While the chicken is resting, return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until blistered and tender, 4-5 minutes (shifting occasionally). Remove from the pan, place in a bowl, and season. Add ½ the dijon vinaigrette dressing and toss together.

6. PUT IT ALL TOGETHER Create a bed of the shredded salad leaves. Sprinkle over the crispy chickpeas. Top with the mustard-blistered beans and the toasted walnuts. Crumble over the goat's cheese and drizzle over the remaining dijon vinaigrette dressing (to taste). Side with the chicken. Looking good, Chef!



Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	532kJ
Energy	127kcal
Protein	12.3g
Carbs	8g
of which sugars	2g
Fibre	2.9g
Fat	4.5g
of which saturated	1.3g
Sodium	131mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days