



UCOOK

Green Goddess Chicken

with shredded cabbage & walnuts

Sweet dreams are made of greens! Marinated chicken is tossed with shredded cabbage, fresh green leaves & sun-dried tomatoes, and swirled in our green goddess dressing made from yoghurt, avocado & raspberry vinegar. Walnuts and fresh apples add a divine crunch to this heavenly salad.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

Carb Conscious

Domaine Des Dieux | Chardonnay 2019

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Free-range Chicken Breasts <i>pat dry & cut into 2cm thick strips</i>
20ml	NOMU Roast Rub
1	Apple <i>rinse & cut into bite-sized pieces</i>
30g	Walnuts <i>roughly chop</i>
2	Avocados
100ml	Low Fat Plain Yoghurt
30ml	Raspberry Vinegar
200g	Cabbage <i>rinse & thinly slice</i>
40g	Green Leaves <i>rinse</i>
60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Blender

1. MARINATION STATION In a bowl, combine the chicken strips, the NOMU rub, a drizzle of oil, and seasoning. Set aside to marinate. Place the apple pieces into a bowl of water.

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

3. GO GO GREEN GODDESS Halve the avocados and scoop out the flesh. Place ½ of the flesh in a blender. Add the yoghurt and pulse until smooth. Gradually loosen with milk (optional) or water in 30ml increments until drizzling consistency. Add ½ the vinegar (to taste) and season. Set aside. Dice the remaining avocado and toss in the remaining vinegar.

4. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. When hot, add the marinated chicken strips and any remaining marinade. Fry until cooked through, 2-3 minutes per side. Remove from the heat and rest in the pan for 3 minutes.

5. ASSEMBLE! Drain the water from the apple pieces and toss through the shredded cabbage, the rinsed leaves, the chopped sun-dried tomatoes, and ½ the green goddess dressing (to taste).

6. FEAST LIKE THE GODS Bowl up the salad and scatter over the diced avo and the chicken. Drizzle over the remaining dressing (to taste). Garnish with the chopped chives, and the toasted walnuts. Gorgeous, Chef!



Chef's Tip

If you don't have a blender, mash the avo with a fork, then mix in the remaining dressing ingredients.

Nutritional Information

Per 100g

Energy	449kj
Energy	107kcal
Protein	6.5g
Carbs	8g
of which sugars	4.6g
Fibre	2.9g
Fat	5.8g
of which saturated	0.9g
Sodium	95mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days