



# UCCOOK

## Chicken & Crunchy Quinoa Salad

with sweet potato

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	335kJ	2080kJ
Energy	80kcal	497kcal
Protein	7.3g	46g
Carbs	10g	59g
of which sugars	3g	19g
Fibre	1g	9g
Fat	1.2g	7.6g
of which saturated	0.3g	2g
Sodium	75.7mg	470.6mg

**Allergens:** Sulphites, Soy, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Sweet Potato Chunks
30ml	60ml	Quinoa <i>rinse</i>
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU One For All Rub
10ml	20ml	Soy Dressing <i>(5ml [10ml] Sweet Indo Soy Sauce &amp; 5ml [10ml] Rice Wine Vinegar)</i>
50ml	100ml	Low Fat Plain Yoghurt
120g	240g	Carrot <i>rinse, trim, peel &amp; cut into thin matchsticks</i>
100g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
40g	80g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

Seasoning (salt & pepper)  
Water  
Paper Towel  
Cooking Spray

**1. ROAST** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Lightly spray with cooking spray and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. QUINOA** Place the quinoa in a pot with 150ml **[300ml]** of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**3. CHICKEN** Place a pan over medium heat. Pat the chicken dry with paper towel and cut into 1cm strips. Lightly spray with cooking spray and coat with the NOMU rub. When hot, fry the chicken until lightly charred and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

**4. CRISPY QUINOA** Return the pan to medium heat. Fry the cooked quinoa until crispy, 6-8 minutes (shifting occasionally).

**5. JUST BEFORE SERVING** In a small bowl, combine the soy dressing, and the yoghurt. In a salad bowl, combine the carrot, the quinoa, the cucumber, the sweet potato, the salad leaves, and season.

**6. TIME TO EAT** Bowl up the loaded salad, top with the chicken, and drizzle over the yoghurt dressing. Cheers, Chef!