



UCCOOK

Crunchy Pistachio Chicken

with bulgur wheat, tomatoes & ricotta cheese

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Rosé Organic

Nutritional Info

	Per 100g	Per Portion
Energy	721kJ	3378kJ
Energy	172kcal	808kcal
Protein	12.3g	57.5g
Carbs	21g	98g
of which sugars	3.9g	18.4g
Fibre	3.5g	16.3g
Fat	4.9g	23g
of which saturated	1.5g	7.3g
Sodium	42mg	199mg

Allergens: Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

225ml	300ml	Bulgur Wheat
75g	100g	Dried Fruit <i>(45g [60g] Dried Apricots & 30g [40g] Dried Cranberries)</i>
180ml	250ml	Panko Breadcrumbs
30ml	40ml	Crispy Onion Bits
60g	80g	Pistachio Nuts <i>finely chop</i>
3	4	Free-range Chicken Breasts
45ml	60ml	Red Wine Vinegar
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
3	4	Tomatoes <i>rinse & cut into bite-sized pieces</i>
150g	200g	Ricotta Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Egg/s

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

1. **BULGUR KING** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside. Roughly chop the dried fruit and set aside.

2. **FEELING CRUMB-EY** Whisk 2 eggs in a shallow dish with a splash of water. In a separate shallow dish, combine the breadcrumbs, the crispy onion bits, the pistachios, and seasoning. Pat the chicken dry with paper towel and cut it into 1cm strips. Coat in the egg first and then in the crumb mixture.

3. **CRISPY CHICKS** Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden and cooked through, 2-3 minutes per side. Drain on paper towel and season.

4. **LOADED SALAD** To the bowl with the bulgur, add the vinegar, ½ the parsley, the tomatoes, the dried fruit, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss until combined.

5. **DIG IN!** Plate up the bejewelled bulgur salad. Dollop over the ricotta cheese and top with the pistachio chicken. Garnish with the remaining parsley. Well done, Chef!