

UCCOOK

Honey-mustard Chicken Salad

with gem squash, bell peppers & sun-dried tomatoes

It's difficult to decide what is the best-tasting part of this plate. Is it the plump edamame bean salad with fresh greens, sun-dried tomato, bell pepper, & cucumber? Perhaps the oven-roasted gem squash? Or the golden slices of chicken drenched in a honey-infused mustard dressing? You're allowed to answer 'all of the above', Chef!

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

***New Calorie Conscious**

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



Ingredients & Prep

3	Gem Squash <i>rinse, halve & deseed</i>
3	Free-range Chicken Breasts
30ml	NOMU One For All Rub
150g	Edamame Beans
300g	Cucumber <i>rinse & peel into ribbons</i>
2	Spring Onions <i>trim & thinly slice</i>
2	Bell Peppers <i>rinse, deseed & dice</i>
60g	Sun-dried Tomatoes <i>roughly chop</i>
120g	Salad Leaves <i>rinse & shred</i>
120ml	Mustard Dressing <i>(15ml Wholegrain Mustard & 75ml Red Wine Vinegar & 30ml Honey)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. GEM SQUASH Preheat the oven to 200°C. Place the de-seeded gem squash halves on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 30-35 minutes.

2. GOLDEN CHICKEN Boil the kettle. Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, 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, spice the chicken with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. PLUMP BEANS & GREENS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and toss with the cucumber ribbons, ½ the sliced spring onions, the diced peppers, the chopped sun-dried tomatoes, and the shredded leaves. Set aside.

4. ALMOST DONE When the gem squash is done, set aside to cool for 5 minutes before cutting into wedges.

5. WHAT A GREAT PLATE Plate up the edamame salad and top with the gem squash wedges and serve the chicken slices alongside. Drizzle with the mustard dressing, garnish with the remaining spring onion and dig in!

Nutritional Information

Per 100g

Energy	231kJ
Energy	55kcal
Protein	5.3g
Carbs	6g
of which sugars	3g
Fibre	2g
Fat	1.2g
of which saturated	0.2g
Sodium	59.1mg

Allergens

Allium, Sulphites, Soy

Eat
Within
3 Days