



UCOOK

Caprese Chicken Burger

with basil pesto-mayo & roasted potato

Inspired by the refreshing Caprese salad, this burger has the yum-factor with every bite. A cheese-covered bun is stacked with fresh greens, tangy tomato slices & fried chicken, slathered with creamy basil pesto-mayo. It's a bun in a million, Chef!


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Fan Faves

 Deetlefs Wine Estate | Deetlefs Estate White
MCC

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Ingredients & Prep

| | |
|------|--|
| 250g | Potato Chunks <i>cut into bite-sized pieces</i> |
| 30ml | That Mayo (Garlic) |
| 15ml | Pesto Princess Basil & Lemon Pesto |
| 1 | Free-range Chicken Breast |
| 5ml | NOMU Italian Rub |
| 1 | Charcoal Burger Bun <i>cut in half</i> |
| 40g | Grated Mozzarella Cheese |
| 20g | Green Leaves <i>rinse & roughly shred</i> |
| 1 | Tomato <i>rinse & slice into rounds</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Cling Wrap
Paper Towel
Butter (optional)

1. START WITH THE SPUDS Preheat the oven to 220°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MMMMAYO In a bowl, combine the mayo, the pesto, and seasoning.

3. LET'S GET CHEFFY Pat the chicken breast dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness.

4. FRY THE FLATTY Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the butterflied chicken until golden, 2-3 minutes on one side. Flip, pop on the lid, and fry until cooked through, 2-3 minutes. During the final 1-2 minutes, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan and set aside to rest for 3 minutes before serving.

5. CHEESY BURGER BUNS Butter (optional) the halved burger bun or drizzle with oil and place on a baking tray. Sprinkle the grated mozzarella over the bottom half of the bun. Place the bun halves in the oven, cut-side up, until the cheese starts to melt and the bread is warmed through, 2 minutes.

6. TIME TO STACK Place the shredded green leaves and the sliced tomatoes on the cheese-covered bun and top with the chicken breast. Smear with the basil pesto-mayo. Close up with the other half of the bun. Pile the roasted potato pieces on the side with any remaining mayo for dipping. Serve with any remaining fillings. Scrumptious!



Chef's Tip

Air fryer method: Coat the potato pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 581kJ |
| Energy | 139kcal |
| Protein | 8.8g |
| Carbs | 16g |
| of which sugars | 1.6g |
| Fibre | 1.6g |
| Fat | 4.5g |
| of which saturated | 1.5g |
| Sodium | 135mg |

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Tree Nuts, Cow's Milk

Cook
within 3
Days