



UCCOOK

Chicken BLT Salad

with gherkins & cannellini beans

It's true, Chef! Bacon simply makes everything better, and this BLT sandwich-inspired salad proves that with every bite. NOMU-spiced slices of chicken and crispy chopped bacon are scattered over crunchy fresh greens, tangy tomatoes, briny gherkins, and rich cannellini beans. Coated in a creamy dressing.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Bertha Wines | Bertha Sauvignon Blanc

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Ingredients & Prep

2 strips	Streaky Pork Bacon
1	Free-range Chicken Breast
5ml	NOMU One For All Rub
80g	Baby Tomatoes <i>rinse & cut in half</i>
40g	Green Leaves <i>rinse & roughly shred</i>
120g	Cannellini Beans <i>drain & rinse</i>
20g	Gherkins <i>drain & roughly chop</i>
60ml	Creamy Dressing <i>(30ml Hellmann's Mayo & 30ml Sour Cream)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

1. BACON Place a pan over medium-high heat (with a lid) with a drizzle of oil. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

2. CHICKEN Return the pan to medium heat with a drizzle of oil (if necessary). 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, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. JUST BEFORE SERVING In a salad bowl, combine the halved baby tomatoes, the shredded green leaves, the rinsed beans, the chopped gherkins, a drizzle of olive oil, and seasoning. In a small bowl, loosen the creamy dressing with a splash of water until drizzling consistency.

4. DINNER IS READY Bowl up the salad, top with the sliced chicken, drizzle over the creamy dressing, and scatter over the chopped bacon. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	663kJ
Energy	159kcal
Protein	10.7g
Carbs	6g
of which sugars	0.9g
Fibre	1.6g
Fat	10.4g
of which saturated	2.9g
Sodium	250mg

Allergens

Cow's Milk, Egg, Allium, Sulphites

Eat
Within
3 Days