

WCOOK

Italian Chicken & Mozzarella Salad

with basil pesto & couscous

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Villiera Wines | Villiera Jasmine White Blend

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 716kJ | 3236kJ |
| Energy | 171kcal | 774kcal |
| Protein | 12.5g | 56.4g |
| Carbs | 14g | 64g |
| of which sugars | 2.3g | 10.6g |
| Fibre | 1.8g | 7.9g |
| Fat | 6.3g | 28.7g |
| of which saturated | 1.8g | 8.1g |
| Sodium | 101mg | 457mg |

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 300ml | 400ml | Couscous |
| 45ml | 60ml | Balsamic Vinegar |
| 2 | 2 | Tomatoes <i>rinse & roughly dice</i> |
| 450g | 600g | Free-range Chicken Mini Fillets |
| 90g | 120g | Grated Mozzarella Cheese |
| 125ml | 160ml | Pesto Princess Basil Pesto |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 300ml [400ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. MARINATE THE TOMATO In a bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Add the tomato and toss until coated. Set aside to marinate for serving.

3. CHEESY CHICKEN Pat the chicken dry with paper towel. Place a pan, with a lid, over medium-high heat with a drizzle of oil. Fry the strips until golden and cooked through, 1-2 minutes per side. During the final minute, top the chicken with the cheese, and cover with the lid. Remove from the heat and set aside to rest for 3 minutes.

4. LOOSEN THE PESTO In a small bowl, combine the pesto with 5ml olive oil and 5ml of warm water. Mix well to combine.

5. BRING IT TOGETHER In a salad bowl, combine the couscous, the salad leaves, the tomato and the marinade, and seasoning.

6. TANGY FEAST! Plate up a generous mound of the fluffy couscous salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.