



UCOOK

BBQ Chicken & Potato Salad

with fresh chives

On a bed of green leaves comes a salad of baby potatoes smothered in a creamy mayo mix, dotted with fresh chives. This side sits next to a butterflied chicken breast, pan-fried until golden brown, basted with a BBQ sauce, and topped with oozy melted cheddar & mozzarella. It's the best of BBQ on a plate, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jewell Willemberg

Simple & Save

Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

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Ingredients & Prep

1	Free-range Chicken Breast
5ml	NOMU BBQ Rub
200g	Baby Potatoes <i>rinse & halve</i>
20ml	The Sauce Queen Smokey BBQ Sauce
20g	Grated Mozzarella & Cheddar Cheese
50ml	Mayo
3g	Fresh Chives <i>rinse, pick & finely chop</i>
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat in the NOMU rub, season, and set aside.

2. POTATOES Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and place in a bowl.

3. BBQ CHICKEN When the potato has 5-10 minutes remaining, place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken until browned, 1-2 minutes per side. In the final 30-60 seconds, baste the chicken with the BBQ sauce. Sprinkle over the grated cheese, cover with the lid, and remove from the heat. Leave the lid on until the cheese is melted.

4. POTATO SALAD In a salad bowl, combine the creamy mayo, $\frac{3}{4}$ of the chopped chives, the cooked potatoes, and seasoning.

5. DINNER IS READY Make a bed of the shredded salad leaves and top with the creamy warm potato salad. Side with the BBQ cheddar chicken and garnish with the remaining chives. Well done, Chef!

Nutritional Information

Per 100g

Energy	647kJ
Energy	155kcal
Protein	9.6g
Carbs	11g
of which sugars	3.8g
Fibre	0.9g
Fat	8.1g
of which saturated	1.4g
Sodium	170mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
3 Days