



UCCOOK

Mexican Grilled Chicken Salad

with crumbled nacho chips

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	464kJ	3877kJ
Energy	111kcal	928kcal
Protein	5.8g	48.5g
Carbs	9g	77g
of which sugars	2.3g	18.9g
Fibre	3g	25.1g
Fat	5.8g	48.3g
of which saturated	0.8g	6.9g
Sodium	128mg	1072mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s
5ml	10ml	Old Stone Mill Mexican Spice
20g	40g	Green Leaves <i>rinse & finely shred</i>
40g	80g	Corn
30g	60g	Sliced Pickled Jalapeños <i>drain</i>
75g	150g	Julienne Carrots
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
1	1	Tomato <i>rinse & slice ½ [1] into half-moons</i>
30ml	60ml	Lemon Juice
1	1	Avocado <i>cut in half & thinly slice ½ [1]</i>
50ml	100ml	Tomato Salsa
50g	50g	Santa Anna's Corn Nachos <i>gently crush</i>

From Your Kitchen

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

1. MEXICAN CHICKEN 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, baste the chicken with a knob of butter, and the Mexican spice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

2. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ZESTY, SPICY SALAD To a bowl, add the leaves, the corn, the jalapenos, the carrots, the cucumber, the tomato, the lemon juice, and seasoning.

4. YOU CRUSHED IT, CHEF! Plate up the salad mix, and top with the chicken, and the avocado. Dollop over the salsa, and scatter over the nachos.