

# UCOOK

## Mustard Blistered Beans & Chicken

with goat's cheese & toasted walnuts

This is an elevated weeknight dinner guaranteed to hit the spot. Tender chicken breast slices sit next to a loaded salad packed with crispy chickpeas, mustard-infused green beans, and toasted walnuts topped with soft Chevin goat's cheese and a Dijon vinaigrette.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Samantha du Toit

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 Carb Conscious

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 Paserene | Bright Chardonnay

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## Ingredients & Prep

|      |  |
|------|--|
| 360g | Chickpeas<br><i>drained &amp; rinsed</i>                                     |
| 30g  | Walnuts<br><i>roughly chopped</i>  |
| 60ml | Dijon Vinaigrette<br><i>(30ml Dijon Mustard &amp; 30ml Red Wine Vinegar)</i> |
| 3    | Free-range Chicken<br>Breasts  |
| 15ml | NOMU Poultry Rub   |
| 300g | Green Beans<br><i>rinsed &amp; trimmed</i>                                   |
| 60g  | Salad Leaves<br><i>rinsed &amp; roughly shredded</i>                         |
| 75g  | Chevin Goat's Cheese   |

## From Your Kitchen

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

**1. GOLDEN CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the rinsed chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan, season, and set aside.

**2. TOAST THE WALNUTS** Return the pan to medium heat. Toast the chopped walnuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. DO THE DRESSING** In a small bowl, combine the dijon vinaigrette with 45ml of olive oil, a sweetener, and seasoning. Mix until emulsified and set aside.

**4. FRY THE CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 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.

**5. CHAR THE GREEN BEANS** While the chicken is resting, return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until blistered and tender, 5-6 minutes (shifting occasionally). Remove from the pan, place in a bowl, and season. Add ½ the dijon vinaigrette dressing and toss together.

**6. PUT IT ALL TOGETHER** Create a bed of the shredded salad leaves. Sprinkle over the crispy chickpeas. Top with the mustard-blistered beans and the toasted walnuts. Crumble over the goat's cheese and drizzle over the remaining dijon vinaigrette dressing (to taste). Side with the chicken. Looking good, Chef!



## Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 532kj   |
| Energy             | 127kcal |
| Protein            | 12.3g   |
| Carbs              | 8g      |
| of which sugars    | 2g      |
| Fibre              | 2.9g    |
| Fat                | 4.5g    |
| of which saturated | 1.3g    |
| Sodium             | 131mg   |

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days