

UCCOOK

Zingy Balsamic Salad & Chicken

with crispy chickpeas

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 3 & 4

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	381kJ	1948kJ
Energy	91kcal	466kcal
Protein	9g	46.1g
Carbs	5g	27g
of which sugars	2g	10g
Fibre	1g	7g
Fat	2.4g	12.2g
of which saturated	1g	4.9g
Sodium	250mg	1278mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	120ml	Balsamic Vinegar
8g	10g	Fresh Oregano <i>rinse, pick & finely chop</i>
300g	400g	Baby Tomatoes <i>rinse & halve</i>
180g	240g	Chickpeas <i>drain & rinse</i>
30ml	40ml	Old Stone Mill Everything Bagel Spice
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU Italian Rub
60g	80g	Salad Leaves <i>rinse</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
60g	80g	Pickled Onions <i>drain & thinly slice</i>
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. BALSAMIC T&O In a bowl, combine the balsamic vinegar, the oregano and the tomato and set aside to pickle. Drain right before serving.

2. CRISPY CHICKPEAS Place a pan over medium heat. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). In the final 1-2 minutes, add the Everything bagel spice. If the chickpeas start to pop out, use a lid to rein them in. Remove from the pan and set aside.

3. NOMU-SPICED CHICKEN Place a pan over medium heat. Pat the chicken dry with paper towel. Lightly coat with cooking spray or oil and toss with the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan and season. Remove from the pan, season, and set aside.

4. PLATE UP AND DIG IN Grab your plate and make a bed of the salad leaves, top with the cucumber, the marinated tomatoes, the pickled onion, the chicken, the feta, and the crispy chickpeas. Get munching, Chef!