



# UCCOOK

## Chicken BLT Salad

**with gherkins & cannellini beans**

It's true, Chef! Bacon simply makes everything better, and this BLT sandwich-inspired salad proves that with every bite. NOMU-spiced slices of chicken and crispy chopped bacon are scattered over crunchy fresh greens, tangy tomatoes, briny gherkins, and rich cannellini beans. Coated in a creamy dressing.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Quick & Easy

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Bertha Wines | Bertha Sauvignon Blanc

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## Ingredients & Prep

6 strips	Streaky Pork Bacon
3	Free-range Chicken Breasts
15ml	NOMU One For All Rub
240g	Baby Tomatoes <i>rinse &amp; cut in half</i>
120g	Green Leaves <i>rinse &amp; roughly shred</i>
360g	Cannellini Beans <i>drain &amp; rinse</i>
60g	Gherkins <i>drain &amp; roughly chop</i>
180ml	Creamy Dressing <i>(90ml Hellmann's Mayo &amp; 90ml Sour Cream)</i>

## From Your Kitchen

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

**1. BACON** Place a pan over medium-high heat (with a lid) with a drizzle of oil. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

**2. CHICKEN** Return the pan to medium heat with a drizzle of oil (if necessary). 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 NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. JUST BEFORE SERVING** In a salad bowl, combine the halved baby tomatoes, the shredded green leaves, the rinsed beans, the chopped gherkins, a drizzle of olive oil, and seasoning. In a small bowl, loosen the creamy dressing with a splash of water until drizzling consistency.

**4. DINNER IS READY** Bowl up the salad, top with the sliced chicken, drizzle over the creamy dressing, and scatter over the chopped bacon. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	663kJ
Energy	159kcal
Protein	10.7g
Carbs	6g
of which sugars	0.9g
Fibre	1.6g
Fat	10.4g
of which saturated	2.9g
Sodium	250mg

## Allergens

Cow's Milk, Egg, Allium, Sulphites

Eat  
Within  
3 Days