

UCCOOK

Caprese Chicken Burger

with basil pesto-mayo & fries

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	622kJ	4244kJ
Energy	149kcal	1017kcal
Protein	8.6g	58.5g
Carbs	13g	90g
of which sugars	2.1g	14g
Fibre	1.4g	9.2g
Fat	7g	47.8g
of which saturated	1.7g	11.6g
Sodium	148mg	1009mg

Allergens: Sulphites, Egg, Gluten, Sesame, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into thick fries</i>
50ml	100ml	Mayo
15ml	30ml	Pesto Princess Basil Pesto
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU Italian Rub
1	2	Burger Bun/s <i>cut in half</i>
40g	80g	Grated Mozzarella Cheese
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & slice into rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Cling Wrap

Paper Towel

Butter (optional)

Rolling Pin

1. START WITH THE SPUDS Preheat the oven to 200°C. Spread the fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. MMMMAYO In a bowl, combine the mayo, the pesto, and seasoning.

3. LET'S GET CHEFFY Pat the chicken breast/s dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open the breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness.

4. FRY THE FLATTY Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the butterflied chicken until golden, 2-3 minutes on one side. Flip, pop on the lid, and fry until cooked through, 2-3 minutes. During the final 1-2 minutes, baste with a knob of butter (optional) and the NOMU rub. Remove from the pan and set aside to rest for 3 minutes before serving.

5. CHEESY BURGER BUNS Butter (optional) the halved burger bun/s or drizzle with oil and place on a baking tray. Sprinkle the mozzarella over the bottom half of the bun/s. Place the bun halves in the oven cut-side up until the cheese starts to melt and the bread is warmed through, 2 minutes.

6. TIME TO STACK Place the green leaves and the tomatoes on the cheese-covered bun/s and top with the chicken breast/s. Smear with the basil pesto-mayo. Close up with the other half of the bun/s. Pile the fries on the side with any remaining mayo for dipping. Serve with any remaining fillings. Scrumptious!