



UCOOK

Savanna's Strawberry Chicken Salad

with roasted potato & dried cranberries


The definition of a summer salad. A bed of shredded salad leaves is topped with oven roasted potato & onion wedges, and scattered with golden chicken pieces. Crowned with marinated strawberries and drizzled with a raspberry-mustard vinaigrette. All of this goodness is then sprinkled with toasted almonds, crumbles of Chevin goat's cheese & Danish-style feta, and dried cranberries.

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Savanna

 Adventurous Foodie

 No paired wines

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Ingredients & Prep

800g	Potato <i>rinsed & cut into bite-sized pieces</i>
2	Onions <i>peeled & cut into thick wedges</i>
80ml	Raspberry Dressing <i>(60ml Raspberry Vinegar & 20ml Dijon Mustard)</i>
400g	Fresh Strawberries <i>trimmed, rinsed & halved lengthways</i>
40g	Almonds
600g	Free-range Chicken Mini Fillets
80g	Salad Leaves <i>rinsed & roughly shredded</i>
100g	Chevin Goat's Cheese
100g	Danish-style Feta <i>drained</i>
40g	Dried Cranberries <i>roughly chopped</i>

From Your Kitchen

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

1. ROAST VEGGIES Preheat the oven to 200°C. Spread the potato pieces and the onion wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 35-40 minutes (shifting halfway).

2. BERRIES ON BERRIES In a bowl, combine the raspberry dressing with a drizzle of olive oil, 40ml of a sweetener, and seasoning. Add the halved strawberries and set aside.

3. TOAST THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel. 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, cut into bite-sized pieces, season, and set aside.

5. SWEET SAUCE Drain the dressing from the strawberries and set aside. Return the pan to medium heat with 40g of butter. When the butter starts foaming, add the reserved dressing and a splash of water. Simmer until slightly thickening, 3-4 minutes. Remove from the pan.

6. TIME TO DINE Make a bed of the shredded leaves, top with the roast veg, and scatter over the chicken pieces. Top with the strawberries and drizzle over the dressing. Sprinkle over the toasted nuts, and crumble over the goat's cheese and the drained feta. Garnish with the chopped cranberries and have a feast, Chef!



Chef's Tip

Air fryer method: Coat the potato pieces and the onion wedges in oil and seasoning. Air fry at 200°C until crispy and soft, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	454kJ
Energy	108kcal
Protein	7.3g
Carbs	12g
of which sugars	6.6g
Fibre	1.8g
Fat	3.2g
of which saturated	1.4g
Sodium	101mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days