



# UCCOOK

## Creamy Chicken Salad

with green leaves, walnuts & guacamole

A lovely summer salad loaded with nutty couscous, crispy chickpeas, tart apple slices, toasted walnuts, & fresh greens. All brought together with a creamy guacamole & yoghurt dressing!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes


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**Serves:** 3 People

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**Chef:** Thea Richter

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 **\*NEW Simple & Save**

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 **Stellenzicht | Thunderstone Rosé**

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## Ingredients & Prep

180g	Chickpeas <i>drained &amp; rinsed</i>
225ml	Whole Wheat Couscous
30g	Walnuts <i>roughly chopped</i>
120g	Guacamole
65ml	Low Fat Plain Yoghurt
1	Lemon <i>zested &amp; cut into wedges</i>
2	Apples
450g	Free-range Chicken Mini Fillets
15ml	NOMU Roast Rub
60g	Green Leaves <i>rinsed &amp; gently shredded</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. CRISPY CHICKPEAS** Place a large pan over medium-high heat with a drizzle of oil. When hot, fry the drained chickpeas for 10-15 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in!

**2. THINGS ARE GETTING STEAMY** Boil the kettle. Using a shallow bowl, submerge the couscous in 375ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

**3. WHERE'S THE WALNUTS?** Place the chopped walnuts in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside.

**4. DRESSED FOR DINNER** In a bowl, combine the guacamole, the yoghurt, the lemon zest (to taste), and seasoning. Loosen with water in 10ml increments until drizzling consistency. Set aside. Thinly slice 1½ of the apples and squeeze over some lemon juice. Set aside.

**5. RUB-A-DUB-DUB** Return the pan to a medium-high heat with a drizzle of oil. Pat the chicken mini fillets dry with paper towel. When the pan is hot, fry the chicken for 1-2 minutes per side until golden and cooked through. You may need to do this step in batches. In the final minute, baste with a knob of butter and the rub. Remove from the heat and rest for 3 minutes. Cut into bite-sized chunks.

**6. NOW ALL TOGETHER** In a bowl, combine the cooked couscous, the crispy chickpeas, the apple slices, ½ the toasted walnuts, ½ the chicken chunks, seasoning, and a drizzle of olive oil.

**7. SCRUMPTIOUS SALAD** Make a bed of the shredded green leaves. Top with the couscous salad and the remaining chicken and walnuts. Drizzle over the creamy dressing (to taste). Finish off with a squeeze of lemon juice. Yummy, yum!

## Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	9.7g
Carbs	15g
of which sugars	3.8g
Fibre	3g
Fat	3.8g
of which saturated	0.7g
Sodium	63mg

## Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook  
within 3  
Days