



UCCOOK

Alvi's Drift Chicken & Waldorf Salad

with lemon oil, broccoli & a mustard-yoghurt dressing

This old school classic doesn't disappoint! Crunchy apple, celery, walnuts, and fresh blueberries in a lemon, Dijon mustard, & yoghurt dressing. Served with chicken, lemon oil, and broccoli.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Alvi's Drift

 Carb Conscious

 No paired wines

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Ingredients & Prep

400g	Broccoli Florets <i>rinsed & cut into bite-sized pieces</i>
40g	Walnuts <i>roughly chopped</i>
125ml	Low Fat Plain Yoghurt
2	Lemons <i>zested & cut into wedges</i>
10ml	Dijon Mustard
600g	Free-range Chicken Mini Fillets
40ml	NOMU Provençal Rub
2	Apples <i>rinsed, peeled, cored & thinly sliced</i>
4	Celery Stalks <i>rinsed & finely sliced</i>
250g	Fresh Blueberries <i>rinsed & halved</i>
80g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. BROCCOLI Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 6-7 minutes (shifting occasionally).

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

3. LEMON MUSTARD DRESSING In a salad bowl, combine the yoghurt, a squeeze of lemon juice (to taste), and the Dijon mustard. Add water in 5ml increments until a creamy consistency. Season and set aside.

4. SIZZLING CHICKEN Place a pan over medium heat with a drizzle of oil. 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. In the final minute, return all the chicken to the pan and baste with a knob of butter and the NOMU rub. Remove from the pan, season, and set aside.

5. APPLE SALAD To the bowl with the lemon mustard dressing, toss through the sliced apple, the sliced celery (to taste), the halved berries, the charred broccoli, and ½ the toasted walnuts.

6. DINNER IS SERVED! Make a bed of the rinsed green leaves. Top with the dressed Waldorf salad and the chicken pieces. Drizzle over the lemon oil (to taste). Garnish with lemon zest and the remaining walnuts. Delicious, Chef!

Nutritional Information

Per 100g

Energy	342kJ
Energy	82kcal
Protein	7.1g
Carbs	9g
of which sugars	4.9g
Fibre	2.5g
Fat	2.2g
of which saturated	0.4g
Sodium	93mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within 3
Days