

Eat Within 3 Days

Crunchy Pistachio Chicken

with bulgur wheat, tomatoes & goat's cheese

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	800kJ	3716kJ
Energy	191kcal	889kcal
Protein	12.8g	59.5g
Carbs	24g	110g
of which sugars	4.1g	18.9g
Fibre	3.8g	17.8g
Fat	5.8g	26.9g
of which saturated	1.7g	7.9g
Sodium	62mg	286mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
25g	50g	Dried Fruit *(15g [30g] Dried Apricots & 10g [20g] Dried Cranberries)*
100ml	200ml	Panko Breadcrumbs
5g	10g	Crispy Onion Bits
30g	60g	Pistachio Nuts *finely chop*
150g	300g	Free-range Chicken Mini Fillets
15ml	30ml	Red Wine Vinegar
3g	5g	Fresh Parsley *rinse, pick & roughly chop*
1	2	Tomato/es *rinse & cut into bite-sized pieces*
30g	60g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel

1. BULGUR KING Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside. Roughly chop the dried fruit and set aside.

2. FEELING CRUMB-EY Whisk 1 egg in a shallow dish with a splash of water. In a separate shallow dish, combine the breadcrumbs, the crispy onion bits, the pistachios, and seasoning. Pat the chicken dry with paper towel. Coat in the egg first and then in the crumb mixture.

3. CRISPY CHICKS Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden and cooked through, 2-3 minutes per side. Drain on paper towel and season.

4. LOADED SALAD To the bowl with the bulgur, add the vinegar, ½ the parsley, the tomatoes, the dried fruit, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss until combined.

5. DIG IN! Plate up the bejewelled bulgur salad. Crumble over the goat's cheese and top with the pistachio chicken. Garnish with the remaining parsley. Well done, Chef!