



UCOOK

Grilled Chicken & Spicy Corn Salad

with charred green beans, carrots & a zesty lime dressing


Goodbye boring chicken salads and hello layers of crunch, beautifully prepared vegetables, and buttery chicken. You can look forward to pops of corn, a kick of chilli, charred green beans, earthy carrots, and creamy feta, topped with NOMU Poultry Rub-spiced chicken. Finished with a lime & sour cream salad dressing.


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jade Summers

 Carb Conscious

 Muratie Wine Estate | Muratie Isabella
Chardonnay 2023

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
50g	Corn
1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
100g	Green Beans <i>rinse & trim</i>
1	Free-range Chicken Breast
7,5ml	NOMU Poultry Rub
40ml	Sour Cream
10ml	Lime Juice
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Piquanté Peppers <i>drain</i>
30g	Danish-style Feta <i>drain</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BEGIN WITH CARROTS Place a pan (with a lid) on medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the carrots pieces until starting to brown and soften, 5-8 minutes. Remove from the pan and cover.

2. CHILLI CORN Return the pan to over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). In the final minute, add the sliced chilli (to taste). Remove from the pan and set aside.

3. CHARRED BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). Remove from the pan, season and cover.

4. GOLDEN CHICKEN Return the pan, wiped down, to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter (optional) and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. FOR ZING AND FRESHNESS To a bowl, add the sour cream, the lime juice (to taste), seasoning, and water in 5ml increments until drizzling consistency. To a separate bowl, add the salad leaves, the peppers, the charred carrots, the charred corn, a drizzle of olive oil, and seasoning.

6. OM NOM NOM Plate up the loaded corn salad and crumble over the drained feta. Serve with the green beans and the sliced chicken. Drizzle over the sour cream and sprinkle over the chopped coriander.

Nutritional Information

Per 100g

Energy	403kj
Energy	96kcal
Protein	8.7g
Carbs	7g
of which sugars	3.3g
Fibre	1.7g
Fat	3.6g
of which saturated	1.7g
Sodium	130mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 3
Days