

UCCOOK

Honey Walnut & Chicken Salad

with dried cranberries & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	497kJ	2598kJ
Energy	119kcal	621kcal
Protein	9.4g	49g
Carbs	10g	53g
of which sugars	4.5g	23.7g
Fibre	2.4g	12.3g
Fat	4.5g	23.6g
of which saturated	1.7g	9.1g
Sodium	142mg	744mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Walnuts <i>roughly chop</i>
5g	10g	Pumpkin Seeds
10ml	20ml	Honey
250g	500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
10ml	20ml	Lemon Juice
5ml	10ml	Sumac Spice
20g	40g	Salad Leaves <i>rinse</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
15g	30g	Dried Cranberries
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	NOMU Roast Rub
40g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. NUT & SEED BRITTLE Preheat the oven to 200°C. Place the walnuts and the pumpkin seeds in a pan over medium heat. Toast until turning brown, 2-4 minutes (shifting occasionally). Add 10g [20g] of butter and the honey. Allow to caramelise, 2-3 minutes. Try not to let it over-boil or it will burn. Once golden in colour and the bubbles subside, pour into a greased tray and place in the fridge to cool. Break into bite-sized pieces just before serving.

2. ROASTED PUMPKIN Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. SUMAC DRESSING In a bowl, combine the lemon juice, the sumac spice, and 15ml [30ml] of olive oil. In a salad bowl, combine the salad leaves, ½ the parsley, and ½ the cranberries. Toss through ½ the sumac dressing and set aside.

4. GOLDEN 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. In the final 30 seconds, baste the chicken with the NOMU rub and a knob of butter. Remove from the pan, season, and set aside.

5. SENSATIONAL SALAD Make a bed of the dressed salad. Top with the roasted pumpkin and the chicken. Scatter over the remaining cranberries and the brittle. Crumble over the feta and garnish with the remaining parsley. Drizzle over the remaining sumac dressing.