



UCOOK

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!


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Thea Richter

 ***NEW Simple & Save**

 **Stellenzicht | Thunderstone Rosé**

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Ingredients & Prep

240g	Chickpeas <i>drained & rinsed</i>
300ml	Whole Wheat Couscous
40g	Walnuts <i>roughly chopped</i>
160g	Guacamole
85ml	Low Fat Plain Yoghurt
1	Lemon <i>zested & cut into wedges</i>
2	Apples
600g	Free-range Chicken Mini Fillets
20ml	NOMU Roast Rub
80g	Green Leaves <i>rinsed & 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 500ml 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 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