



UCCOOK

Italian Chicken & Mozzarella Salad

with basil pesto & bulgur wheat

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	710kJ	3142kJ
Energy	170kcal	752kcal
Protein	12.5g	55.2g
Carbs	18g	78g
of which sugars	1.5g	6.8g
Fibre	3.4g	14.8g
Fat	5.9g	26g
of which saturated	1.8g	7.9g
Sodium	92mg	406mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat,
Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Bulgur Wheat
15ml	30ml	Balsamic Vinegar
1	1	Tomato <i>rinse & roughly dice</i>
150g	300g	Free-range Chicken Mini Fillets
30g	60g	Grated Mozzarella Cheese
30ml	60ml	Pesto Princess Basil Pesto
20g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. BULGUR WHEAT Boil the kettle. Place the bulgur wheat in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.

2. MARINATE THE TOMATO In a bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Add the tomato and toss until coated. Set aside to marinate for serving.

3. CHEESY CHICKEN Pat the chicken mini fillets dry with paper towel. Place a pan, with a lid, over medium-high heat with a drizzle of oil. Fry the chicken mini fillets until golden and cooked through, 1-2 minutes per side. During the final minute, top the chicken mini fillets with the cheese, and cover with the lid. Remove from the heat and set aside to rest for 3 minutes.

4. LOOSEN THE PESTO In a small bowl, combine the pesto with 5ml olive oil and 5ml of hot water.

5. BRING IT TOGETHER In a salad bowl, combine the bulgur, the green leaves, the tomato and the marinade, and seasoning.

6. TANGY FEAST! Plate up a generous mound of the fluffy bulgur salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.