



UCOOK

Mustard-blistered Beans & Chicken

with goat's cheese & toasted walnuts

This is an elevated weeknight dinner guaranteed to hit the spot. Tender chicken breast slices sit next to a loaded salad packed with crispy chickpeas, mustard-infused green beans, and toasted walnuts topped with soft Chevin goat's cheese and a UCOOK honey-mustard dressing.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha du Toit

Carb Conscious

Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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Ingredients & Prep

360g	Chickpeas <i>drain & rinse</i>
30g	Walnuts <i>roughly chop</i>
3	Free-range Chicken Breasts
15ml	NOMU One For All Rub
300g	Green Beans <i>rinse & trim</i>
2 units	UCOOK Honey Mustard Dressing
60g	Salad Leaves <i>rinse & roughly shred</i>
75g	Chevin Goat's Cheese

From Your Kitchen

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

1. GOLDEN CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the rinsed chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan, season, and set aside.

2. TOAST THE WALNUTS Return the pan to medium heat. Toast the chopped walnuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRY THE CHICKEN Return the pan 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 and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. CHAR THE GREEN BEANS While the chicken is resting, return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until blistered and tender, 5-6 minutes (shifting occasionally). Remove from the pan, place in a bowl, and season. Add ½ the UCOOK honey mustard dressing and toss together.

5. PUT IT ALL TOGETHER Create a bed of the shredded salad leaves. Sprinkle over the crispy chickpeas. Top with the mustard-blistered beans and the toasted walnuts. Crumble over the goat's cheese and drizzle over the remaining UCOOK honey mustard dressing (to taste). Side with the chicken. Looking good, Chef!



Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	453kj
Energy	108kcal
Protein	6.2g
Carbs	11g
of which sugars	6.4g
Fibre	1.9g
Fat	4.5g
of which saturated	1.8g
Sodium	131mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
3 Days