



UCOOK

Avocado Ranch & Chicken Cobb Salad

with streaky pork bacon & corn

Born in the USA, we show you how to make a homemade avo ranch dressing that is a staple in every American diner. This creaminess coats crispy bacon, avo, a boiled egg, golden slices of butter-basted chicken, pops of sweet corn, and tangy tomato.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha du Toit

Carb Conscious

Deetlefs Wine Estate | Deetlefs Estate White
MCC

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Ingredients & Prep

40g	Corn
150g	Free-range Chicken Mini Fillets
10ml	NOMU Cajun Rub
2 strips	Streaky Pork Bacon
1	Avocado
50ml	Creamy Lemon Mayo <i>(20ml Mayo, 20ml Sour Cream & 10ml Lemon Juice)</i>
5ml	Garlic Powder
20g	Salad Leaves <i>rinse & roughly shred</i>
80g	Baby Tomatoes <i>rinse & cut in half</i>

From Your Kitchen

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

1. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CAJUN 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. During the final minute, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, season, and set aside.

3. BRING ON THE BACON Return the pan to medium-high heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

4. OPTIONAL EGG Bring a pot of water to the boil for the egg (optional). When the water is boiling, cook the egg for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel, slice in half, and season before serving.

5. HOMEMADE DRESSING Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Thinly slice ½ the avocado. Place the remaining avocado in a blender with the creamy lemon mayo, the garlic powder, and seasoning. Blend until smooth and creamy. Loosen with water in 10ml increments until drizzling consistency.

6. COLOURFUL SALAD In a salad bowl, toss together the shredded green leaves, the halved tomatoes, the charred corn, a drizzle of olive oil, and seasoning.

7. LOVELY DISH, CHEF! Dish up the dressed salad. Scatter over the crispy chopped bacon. Top with the avocado slices, the boiled egg (if using), and the sliced chicken. Drizzle over the avocado ranch dressing.

Nutritional Information

Per 100g

Energy	603kJ
Energy	144kcal
Protein	8.9g
Carbs	7g
of which sugars	1.5g
Fibre	2.7g
Fat	9.5g
of which saturated	1.9g
Sodium	179mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
3 Days