

UCCOOK

Gooseberry & Grilled Chicken Salad

with avocado

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	372kJ	3317kJ
Energy	89kcal	794kcal
Protein	5.9g	52.9g
Carbs	9g	83g
of which sugars	2.5g	22.4g
Fibre	3.5g	31.2g
Fat	4.2g	37.8g
of which saturated	0.7g	6g
Sodium	76mg	679mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
6	8	Baby Onions
360g	480g	Butter Beans <i>drain & rinse</i>
3	4	Free-range Chicken Breasts
15ml	20ml	NOMU Poultry Rub
45ml	60ml	Balsamic Vinegar
180g	250g	Gooseberries <i>rinse & halve (optional)</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Avocados <i>cut in half & roughly dice 1½ [2]</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Peel the baby onions and cut into quarters lengthways. Don't remove the tip that keeps the layers joined together. Add to a roasting tray with the butter beans. Coat in oil and season. Roast until soft and the beans are crisping up, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

3. SIDE SALAD In a bowl, combine the vinegar, a generous drizzle of olive oil and seasoning. Add the gooseberries, tomato, salad leaves, and toss to combine.

4. DINNER IS READY Dish up the roast, serve with the salad on the side, top with the avocado, and finish with a crack of seasoning. Serve alongside the sliced chicken and dig in, Chef!