



UCOOK

Caesar-style Chicken

with crispy kale & cheesy breadcrumbs


Succulent, grilled chicken meets crunchy kale and perfectly seasoned, loaded baby potatoes for a mouthwatering feast. This dish combines the classic flavours of Caesar salad with hearty and satisfying elements for a truly unforgettable dining experience.


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Waterkloof | False Bay Sauvignon Blanc**

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Ingredients & Prep

200g	Baby Potato <i>rinsed & halved</i>
25ml	Dijon & Lemon Dressing <i>(10ml Dijon Mustard & 15ml Lemon Juice)</i>
5g	Anchovy Pieces <i>drained & finely chopped</i>
10ml	Grated Italian-style Hard Cheese
1	Tomato <i>½ rinsed & roughly diced</i>
50g	Kale <i>rinsed & roughly shredded</i>
30ml	Panko Breadcrumbs
150g	Free-range Chicken Mini Fillets
5ml	NOMU Poultry Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. READY THE ROAST Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. PREP STEP In a salad bowl, combine the dijon & lemon dressing, the chopped anchovy, ¼ of the grated hard cheese, and a drizzle of olive oil. Mix to emulsify and add the diced tomatoes. Set aside to marinate. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated.

3. CRISPY KALE When the potatoes have 8-10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. TOASTED BREADCRUMBS Place a pan over medium heat with a drizzle of oil and a small knob of butter. When hot, toast the breadcrumbs until golden, 1-2 minutes. Remove from the pan and toss through the remaining grated Italian-style cheese.

5. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and cut into bite-sized pieces.

6. LOADED SALAD Add the roasted potatoes and crispy kale to the salad bowl with the marinated tomatoes. Toss to combine.

7. CAESAR-STYLE NIGHT! Make a bed of the loaded potatoes, scatter with the chicken pieces, and sprinkle over the cheesy breadcrumbs. Well done, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 5-8 minutes, add the seasoned kale, and roast until crispy.

Nutritional Information

Per 100g

Energy	377kJ
Energy	90kcal
Protein	9g
Carbs	10g
of which sugars	1.5g
Fibre	1.4g
Fat	1.8g
of which saturated	0.5g
Sodium	163mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Fish

Cook
within 3
Days