



UCOOK

Caprese Chicken Salad

with basil pesto, quinoa & lemon

Perfectly pan-fried chicken breast slices slathered with melted mozzarella atop a basil pesto-laced fluffy quinoa base. Balsamic marinated tomato slices bring together the classic caprese flavour profile beautifully.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

♥ Health Nut

🍷 Anthonij Rupert | L'Ormarins Blanc de Blancs

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Ingredients & Prep

10g	Pumpkin Seeds
100ml	White Quinoa
1	Lemon <i>½ zested & cut into wedges</i>
15ml	Balsamic Vinegar
1	Plum Tomato <i>rinsed & thinly sliced</i>
1	Free-range Chicken Breast
50g	Grated Mozzarella
20g	Green Leaves <i>rinsed</i>
15ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. POPPIN SEEDS Place a pot (big enough for the quinoa) over a medium heat. When hot, toast the pumpkin seeds for 2-3 minutes until they start to pop and turn golden. Remove from the pot on completion.

2. FLUFFY QUINOA Rinse the quinoa well. In the same pot, submerge the quinoa in 200ml of water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for 5 minutes. Stir through a squeeze of lemon juice (to taste) and season.

3. MARNATION In a bowl, place the balsamic vinegar, a drizzle of oil, some lemon zest and seasoning. Mix until fully combined. Add the sliced tomato rounds and toss until coated. Set aside to marinate for serving.

4. CHEESY CHICKEN Place a pan (that has a lid) over a medium heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When the pan is hot, fry the chicken on one side for 5-6 minutes until golden. Flip, pop on the lid and fry for a further 5-6 minutes until cooked through. During the last 1-2 minutes top the breast with grated cheese and cover, letting the cheese melt. Remove from the pan on completion and set aside to rest for 5 minutes before slicing and seasoning.

5. BRING IT TOGETHER Just before serving, remove the tomato slices from the marinade, reserving the marinade in the bowl. Toss the rinsed green leaves through the marinade until coated. In a separate bowl, mix the pesto with olive oil in 5ml increments until drizzling consistency.

6. TANGY FEAST! Plate up a generous mound of the zesty & fluffy quinoa and lay over the dressed rocket, and the balsamic tomato rounds. Top with the succulent cheese-covered chicken breast slices and drizzle over the basil pesto. Scatter with toasted pumpkin seeds and side with a lemon wedge. Divine!

Nutritional Information

Per 100g

Energy	771kJ
Energy	184Kcal
Protein	14.3g
Carbs	15g
of which sugars	2.2g
Fibre	1.9g
Fat	7.2g
of which saturated	2.3g
Sodium	94mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days