



UCCOOK

Chicken & Crunchy Quinoa Salad

with sweet potato

Hands-on Time: 40 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	334kJ	2060kJ
Energy	80kcal	492kcal
Protein	7.3g	44.9g
Carbs	10g	59g
of which sugars	3g	19g
Fibre	1g	9g
Fat	1.2g	7.5g
of which saturated	0.3g	2g
Sodium	83.6mg	515.8mg

Allergens: Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Sweet Potato Chunks
90ml	120ml	Quinoa <i>rinse</i>
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU Oriental Rub
30ml	40ml	Soy Dressing <i>(15ml [20ml] Sweet Indo Soy Sauce & 15ml [20ml] Rice Wine Vinegar)</i>
150ml	200ml	Low Fat Plain Yoghurt
360g	480g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
120g	160g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. QUINOA Place the quinoa in a pot with 450ml **[600ml]** of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. CHICKEN Place a pan over 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 lightly charred and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

4. CRISPY QUINOA Return the pan to medium heat. Fry the cooked quinoa until crispy, 8-10 minutes (shifting occasionally).

5. JUST BEFORE SERVING In a small bowl, combine the soy dressing, and the yoghurt. In a salad bowl, combine the carrot, the quinoa, the cucumber, the sweet potato, the salad leaves, and season.

6. TIME TO EAT Bowl up the loaded salad, top with the chicken, and drizzle over the yoghurt dressing. Cheers, Chef!