



UCOOK

Cobb Salad & Chicken Tenders

with ranch dressing & avocado

A crispy coating of almond flour and Italian-style hard cheese make these chicken strips a meal to remember. Sided with a creamy cobb salad, which contains quartered bocconcini balls, tangy fresh tomatoes, crispy green leaves, and creamy avo - all covered in a homemade ranch dressing. A dinner that ticks all the taste boxes!

Hands-on Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Creation Wines | Creation Elation MCC 2016

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Ingredients & Prep

1	Avocado
20ml	Cornflour
70ml	Guilt-free Crumb <i>(40ml Almond Flour, 20ml Grated Italian-style Hard Cheese & 10ml NOMU Provençal Rub)</i>
1	Free-range Chicken Breast <i>skin removed, pat dry & cut in 1-2cm thick strips</i>
20g	Almonds <i>roughly chopped</i>
10ml	NOMU One For All Rub
87,5ml	Ranch Dressing <i>(60ml Low Fat Plain Yoghurt, 25ml Buttermilk & 2,5ml Wholegrain Mustard)</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
1	Tomato <i>roughly diced</i>
3	Bocconcini Balls <i>drained & quartered</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Sugar/Sweetener/Honey

1. AVOCADO Halve the avocado and remove the pip. Scoop out the avocado flesh. Slice the avocado, season, and set aside.

2. OH CRUMBS Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare two more shallow dishes, one containing the cornflour (seasoned lightly) and the other containing the guilt-free crumb. Coat each chicken strip in the flour first, then in the egg mixture, and lastly, in the crumb. Dust off any excess in between coatings.

3. GOLDEN & SAUCY Place the chopped almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside. In a bowl, combine the rub, the ranch dressing, a sweetener of choice (to taste), and seasoning. Set aside.

4. FRY MOMENT Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the crumbed chicken strips and fry for 1-2 minutes per side until golden and cooked through. Remove from the pan, drain on paper towel, and season.

5. WHAT A MEAL! Make a bed of the shredded leaves. Scatter over the diced tomato, the bocconcini quarters, the seasoned avocado slices, and the toasted almonds. Side with the crispy chicken tenders and garnish it all with the chopped coriander. Drizzle the salad with some of the ranch dressing and serve the remaining dressing in a bowl alongside for dipping.

Nutritional Information

Per 100g

Energy	666kJ
Energy	159kcal
Protein	8.6g
Carbs	7g
of which sugars	1.7g
Fibre	2.9g
Fat	11g
of which saturated	2.8g
Sodium	152mg

Allergens

Egg, Dairy, Sulphites, Tree Nuts

Cook
within 3
Days