



# UCOOK

## Crispy Italian Crumbed Chicken Salad

**with chickpeas, sun-dried tomatoes & blue cheese dressing**

The ultimate dilemma... You're craving crumbed chicken with a decadent blue cheese dressing, but getting your greens in for the day is also important. Let's combine the two, Chef! A fresh salad, with plump peas, crispy chickpeas, & sun-dried tomatoes, is topped with crispy chicken, a blue cheese dressing, and Italian-style hard cheese.

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**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Quick & Easy

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Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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## Ingredients & Prep

|       |                                                  |
|-------|--------------------------------------------------|
| 240g  | Chickpeas<br><i>drain &amp; rinse</i>            |
| 2     | Crumbed Chicken Breasts                          |
| 100g  | Peas                                             |
| 40g   | Sun-dried Tomatoes<br><i>drain</i>               |
| 80g   | Salad Leaves<br><i>rinse &amp; shred</i>         |
| 100ml | Blue Cheese Dressing                             |
| 60g   | Italian-style Hard Cheese<br><i>roughly dice</i> |

## From Your Kitchen

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

**1. CRISPY MOMENT** Air fryer method: Coat the rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway). In the final 3-5 minutes, add crumbed chicken, and roast until crispy, and warmed through. Remove from the air fryer, slice, and season.

**2. BEFORE SERVING** In a salad bowl, combine the peas, the chickpeas, the sun-dried tomatoes, the shredded leaves, a drizzle of olive oil, and seasoning.

**3. TIME TO EAT** Bowl up the salad, top with the chicken slices, and drizzle over the blue cheese dressing. Scatter over the diced cheese. Enjoy, Chef!



## Chef's Tip

Preheat the oven to 200°C. Spread the drained chickpeas on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. In the final 3-5 minutes, add the crumbed chicken and roast until crispy and warmed through.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 543kJ   |
| Energy             | 130kcal |
| Protein            | 11.8g   |
| Carbs              | 14g     |
| of which sugars    | 2.8g    |
| Fibre              | 2.9g    |
| Fat                | 6.7g    |
| of which saturated | 1.8g    |
| Sodium             | 199mg   |

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
2 Days