

QCOOK

Grilled Pear, Blue Cheese & Chicken

with roasted beets & balsamic reduction

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	390kj	2838kj
Energy	93kcal	678kcal
Protein	7g	50.7g
Carbs	10g	71g
of which sugars	5.8g	42.2g
Fibre	2.2g	16g
Fat	2.8g	20.2g
of which saturated	1g	7.5g
Sodium	131mg	956mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
10g	20g	Walnuts
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU Poultry Rub
1	1	Pear <i>rinse, peel, core & cut ½ [1] into wedges</i>
80g	160g	Green Beans <i>rinse, trim & cut in half</i>
20g	40g	Green Leaves <i>rinse</i>
30g	60g	Blue Cheese <i>roughly chop</i>
15ml	30ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. BEGIN THE BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. FOR CRUNCH Place the walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. PAIRED WITH PEAR Place a pan or griddle pan over medium heat with a drizzle of oil. Fry the pear until charred, 1-2 minutes per side. Remove from the pan and season. Return the pan to medium heat, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan and season.

5. NEXT-LEVEL SALAD To a bowl, add the leaves, the green beans, the blue cheese, the nuts, the beetroot, and the pear. Add a drizzle of olive oil and seasoning.

6. BEAUTIFUL Dish up the loaded salad, drizzle over the balsamic reduction, and side with the grilled chicken. Enjoy!