

UCOOK

Caprese Chicken Burger

with roasted wedges, caramelised onions & bocconcini balls


Everyone's favourite Italian appetizer has been burger-fied! Juicy grilled chicken topped with bocconcini balls, fresh tomatoes, a basil pesto-mayo smear, and balsamic caramelised onions brought into a roll for a super-duper-flavour-packed chicken burger!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Ella Nasser

 Easy Peasy

 Haute Cabrière | Pierre Jourdan Tranquille

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

400g	Potato <i>rinsed & cut into wedges</i>
1	Onion <i>peeled & finely sliced</i>
45ml	Balsamic Vinegar
65ml	That Mayo (Garlic)
30ml	Pesto Princess Basil Pesto
1	Plum Tomato <i>sliced into thin rounds</i>
2	Free-range Chicken Breasts
10ml	NOMU Italian Rub
2	Schoon Burger Buns <i>halved</i>
80g	Grated Mozzarella
40g	Green Leaves <i>rinsed</i>
6	Bocconcini Balls <i>halved</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Rolling Pin
Cling Wrap

1. WEDGES Preheat the oven to 200°C. Place the potato wedges on a roasting tray, toss in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and they begin to crisp up, shifting halfway.

2. ONIONS Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 9-12 minutes, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) and ½ of the balsamic vinegar. Remove from the pan and cover.

3. PREP Combine the garlic mayo and basil pesto in a bowl and season to taste. In a separate bowl, place the sliced tomato rounds and toss through the remaining balsamic vinegar. Leave to marinate.

4. CHICKEN Pat the chicken breasts dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through to the other side.) Open the breast so that it resembles a butterfly. Cover with cling film and pummel with a rolling pin to create an even thickness. Place a pan (that has a lid) over a medium heat with a drizzle of oil. When the pan is hot, fry the chicken on one side for 4-5 minutes until golden. Flip, pop on the lid, and fry for a further 4-5 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter (optional) and the Italian rub. Remove from the heat on completion and set aside to rest in the pan for 5 minutes before serving.

5. BUNS Butter the halved burger buns (optional) and place on a baking tray. Sprinkle the grated mozzarella over the bottom half of the buns. Place the bun halves in the oven cut-side up for 2 minutes until the cheese starts to melt and the bread is warmed through.

6. INDULGE! Place the rinsed green leaves and sliced tomatoes on the cheese-covered bun and top with the chicken breast. Layer with the caramelised onions and the halved bocconcini balls. Smear with basil pesto-mayo. Close up with the other half of the bun. Pile the roasted potato wedges on the side with any remaining pesto-mayo for dipping. Serve with any remaining fillings on the side. Scrumptious!

Nutritional Information

Per 100g

Energy	651kJ
Energy	156Kcal
Protein	9.4g
Carbs	14g
of which sugars	2.2g
Fibre	1.7g
Fat	7g
of which saturated	3.2g
Sodium	132mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame,
Wheat, Sulphites, Tree Nuts

Cook
within 3
Days