



UCOOK

Pineapple & Basil Summer Chicken Salad

with almonds & goat's cheese

With its sweet tropical taste, pineapple is the perfect fruit for a summer salad, especially if you toss it with peppery basil, NOMU Roast Rub-spiced chicken, creamy crumbly bits of goat's cheese and a special raspberry vinaigrette.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

30g	Almonds
450g	Free-range Chicken Mini Fillets
15ml	NOMU Roast Rub
300g	Pineapple Fingers <i>cut into bite-sized pieces</i>
120g	Salad Leaves <i>rinse & roughly shred</i>
300g	Cucumber <i>rinse & peel into ribbons</i>
15g	Fresh Basil <i>rinse & pick</i>
1	Lemon <i>rinse, zest & cut into wedges</i>
90ml	Raspberry Vinaigrette <i>(15ml Wholegrain Mustard, 60ml Raspberry Vinegar & 15ml Honey)</i>
90g	Chevin Goat's Cheese

From Your Kitchen

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

1. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHICKEN Return the pan to 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 golden 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.

3. JUST BEFORE SERVING In a salad bowl, combine the pineapple pieces, the shredded leaves, the cucumber ribbons, the rinsed basil, the lemon zest (to taste), and the raspberry vinaigrette. Toss to combine and season.

4. TIME TO EAT Dish up the loaded salad, top with the chicken strips, crumble over the goat's cheese, and scatter over the toasted almonds. Finish with a squeeze of lemon juice (to taste). Enjoy, Chef!

Nutritional Information

Per 100g

Energy	309kJ
Energy	71kcal
Protein	6.9g
Carbs	7g
of which sugars	4g
Fibre	2g
Fat	2.5g
of which saturated	0.9g
Sodium	72.6mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
3 Days