

Eat Within 3 Days

# Crunchy Pistachio Chicken

**with bulgur wheat, tomatoes & goat's cheese**

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 800kJ | 3716kJ |
| Energy | 191kcal | 889kcal |
| Protein | 12.8g | 59.5g |
| Carbs | 24g | 110g |
| of which sugars | 4.1g | 18.9g |
| Fibre | 3.8g | 17.8g |
| Fat | 5.8g | 26.9g |
| of which saturated | 1.7g | 7.9g |
| Sodium | 62mg | 286mg |

**Allergens:** Sulphites, Egg, Gluten, Tree Nuts, Wheat, Allium

**Spice Level:** None

**Ingredients & Prep Actions:**

| Serves 1 | [Serves 2] | |
|---|---|---|
| 75ml | 150ml | Bulgur Wheat |
| 25g | 50g | Dried Fruit *(15g [30g] Dried Apricots & 10g [20g] Dried Cranberries)* |
| 100ml | 200ml | Panko Breadcrumbs |
| 5g | 10g | Crispy Onion Bits |
| 30g | 60g | Pistachio Nuts *finely chop* |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 15ml | 30ml | Red Wine Vinegar |
| 3g | 5g | Fresh Parsley *rinse, pick & roughly chop* |
| 1 | 2 | Tomato/es *rinse & cut into bite-sized pieces* |
| 30g | 60g | Chevin Goat's Cheese |

**From Your Kitchen**

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel

1. BULGUR KING Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside. Roughly chop the dried fruit and set aside.

2. FEELING CRUMB-EY Whisk 1 egg in a shallow dish with a splash of water. In a separate shallow dish, combine the breadcrumbs, the crispy onion bits, the pistachios, and seasoning. Pat the chicken dry with paper towel. Coat in the egg first and then in the crumb mixture.

3. CRISPY CHICKS Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden and cooked through, 2-3 minutes per side. Drain on paper towel and season.

4. LOADED SALAD To the bowl with the bulgur, add the vinegar, ½ the parsley, the tomatoes, the dried fruit, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss until combined.

5. DIG IN! Plate up the bejewelled bulgur salad. Crumble over the goat's cheese and top with the pistachio chicken. Garnish with the remaining parsley. Well done, Chef!