

# QCOOK

## Honey-sesame Chicken Salad

with plump tomato & crunchy croutons

**Hands-on Time:** 15 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Morgan Barnard

**Wine Pairing:** Bertha Wines | Bertha Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 531kj    | 3724kj      |
| Energy             | 127kcal  | 891kcal     |
| Protein            | 7.4g     | 51.8g       |
| Carbs              | 11g      | 79g         |
| of which sugars    | 4.2g     | 29.3g       |
| Fibre              | 3.1g     | 21.8g       |
| Fat                | 6.2g     | 43.7g       |
| of which saturated | 1.2g     | 8.3g        |
| Sodium             | 171mg    | 1202mg      |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** Mild

Eat Within 3 Days



## Ingredients & Prep Actions:

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|          |            |  |
|----------|------------|--|
| Serves 3 | [Serves 4] |  |
| 3        | 4          | Free-range Chicken Breasts   |
| 150ml    | 200ml      | Honey-Sriracha Sauce<br><i>(60ml [80ml] Honey, 30ml [40ml] Sriracha Sauce, 45ml [60ml] Low Sodium Soy Sauce &amp; 15ml [20ml] Apple Cider Vinegar)</i> |
| 120g     | 160g       | Green Leaves<br><i>rinse</i>   |
| 3        | 4          | Tomatoes<br><i>rinse &amp; roughly dice</i>  |
| 60g      | 80g        | Pickled Onions<br><i>drain &amp; roughly slice</i>   |
| 90g      | 120g       | Croutons   |
| 2        | 2          | Spring Onions<br><i>rinse &amp; slice</i>  |
| 2        | 2          | Avocados<br><i>cut in half &amp; slice 1½ [2]</i>  |
| 150ml    | 200ml      | Sesame Yogurt Dressing<br><i>(120ml [160ml] Greek Yoghurt, 7,5ml [10ml] Sesame Oil &amp; 22,5ml [30ml] Rice Wine Vinegar)</i>                          |

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

1. **CHICKEN** Place a pan (with a lid) over 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 honey-sriracha sauce. Remove from the pan with all the pan juice and rest for 5 minutes before slicing and seasoning.

2. **JUST BEFORE SERVING** In a bowl, combine the green leaves, the tomato, the pickled onion, the croutons, the spring onion, and a drizzle of olive oil, toss to combine, and season.

3. **DINNER IS READY** Bowl up the loaded salad, top with sliced chicken, and all the sauce. Top with the avocado slices, and drizzle over the sesame yoghurt dressing. Cheers, Chef!