

WCOOK

Italian Chicken & Mozzarella Salad

with basil pesto & couscous wheat

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate
White MCC

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 688kJ | 3078kJ |
| Energy | 165kcal | 736kcal |
| Protein | 12.7g | 56.8g |
| Carbs | 14g | 4g |
| of which sugars | 2.3g | 10.5g |
| Fibre | 1.7g | 7.8g |
| Fat | 5.4g | 24.3g |
| of which saturated | 1.7g | 7.4g |
| Sodium | 88mg | 394mg |

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat,
Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 100ml | 200ml | Couscous |
| 1 | 1 | Tomato <i>rinse & roughly dice</i> |
| 1 | 2 | Free-range Chicken Breast/s |
| 30ml | 60ml | Pesto Princess Basil Pesto |
| 15ml | 30ml | Balsamic Vinegar |
| 30g | 60g | Grated Mozzarella Cheese |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. MARINATE THE TOMATO In a bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Add the tomato and toss until coated. Set aside to marinate for serving.

3. CHEESY CHICKEN Pat the chicken dry with paper towel. Slice the chicken into strips, about 1cm thick. Place a pan, with a lid, over medium-high heat with a drizzle of oil. Fry the strips until golden and cooked through, 1-2 minutes per side. During the final minute, top the chicken with the cheese, and cover with the lid. Remove from the heat and set aside to rest for 3 minutes.

4. LOOSEN THE PESTO In a small bowl, combine the pesto with 5ml olive oil and 5ml of warm water. Mix well to combine.

5. BRING IT TOGETHER In a salad bowl, combine the couscous, the salad leaves, the tomato and the marinade, and seasoning.

6. TANGY FEAST! Plate up a generous mound of the fluffy couscous salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.