



# UCCOOK

## Crispy Italian Crumbed Chicken Salad

with chickpeas, sun-dried tomatoes & blue cheese dressing

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Old Vine  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	717kJ	3248kJ
Energy	171kcal	777kcal
Protein	11.8g	53.4g
Carbs	14g	63g
of which sugars	2.8g	12.5g
Fibre	2.9g	13.1g
Fat	6.7g	30.5g
of which saturated	1.8g	8g
Sodium	199.1mg	902mg

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

**Spice Level:** None

Eat Within 2 Days

### Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Chickpeas <i>drain &amp; rinse</i>
1	2	Crumbed Chicken Breast/s
50g	100g	Peas
20g	40g	Sun-dried Tomatoes <i>drain</i>
40g	80g	Salad Leaves <i>rinse &amp; shred</i>
50ml	100ml	Blue Cheese Dressing
30g	60g	Italian-style Hard Cheese <i>roughly dice</i>

### From Your Kitchen

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

**1. CRISPY MOMENT** Air fryer method: Coat the chickpeas in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway). In the final 3-5 minutes, add crumbed chicken, and roast until crispy, and warmed through. Remove from the air fryer, slice, and season. Alternatively, preheat the oven to 200°C. Spread the chickpeas on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. In the final 3-5 minutes, add the crumbed chicken and roast until crispy and warmed through.

**2. BEFORE SERVING** In a salad bowl, combine the peas, the chickpeas, the sun-dried tomatoes, the leaves, a drizzle of olive oil, and seasoning.

**3. TIME TO EAT** Bowl up the salad, top with the chicken slices, and drizzle over the blue cheese dressing. Scatter over the cheese. Enjoy, Chef!