

UCCOOK

Chicken BLT Salad

with gherkins & cannellini beans

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	641kJ	3528kJ
Energy	153kcal	844kcal
Protein	10.1g	55.8g
Carbs	5g	30g
of which sugars	1.3g	7g
Fibre	1.5g	8g
Fat	10.2g	56g
of which saturated	2.7g	15.1g
Sodium	226mg	1243mg

Allergens: Cow's Milk, Soya, Egg, Allium, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 strips	4 strips	Streaky Pork Bacon
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU One For All Rub
1	2	Tomato/es <i>rinse & cut into bite-sized pieces</i>
40g	80g	Green Leaves <i>rinse & roughly shred</i>
120g	240g	Cannellini Beans <i>drain & rinse</i>
20g	40g	Gherkins <i>drain & roughly chop</i>
60ml	120ml	Creamy Dressing <i>(30ml [60ml] Hellmann's Mayo & 30ml [60ml] Sour Cream)</i>

From Your Kitchen

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

1. BACON Place a pan over medium-high heat (with a lid) with a drizzle of oil. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

2. CHICKEN Return the pan to medium heat with a drizzle of oil (if necessary). 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 a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. JUST BEFORE SERVING In a salad bowl, combine the tomato, the green leaves, the beans, the gherkins, a drizzle of olive oil, and seasoning. In a small bowl, loosen the creamy dressing with a splash of water until drizzling consistency.

4. DINNER IS READY Bowl up the salad, top with the sliced chicken, drizzle over the creamy dressing, and scatter over the bacon. Tuck in, Chef!