



UCCOOK

Avocado Ranch & Chicken Cobb Salad

with streaky pork bacon & corn

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	560kJ	4320kJ
Energy	134kcal	1034kcal
Protein	7.4g	56.8g
Carbs	6g	46g
of which sugars	1.8g	14.2g
Fibre	2.6g	20.2g
Fat	9.3g	72g
of which saturated	2g	15.7g
Sodium	174mg	1341mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Corn
150g	300g	Free-range Chicken Mini Fillets
10ml	20ml	NOMU Cajun Rub
2 strips	4 strips	Streaky Pork Bacon
1	1	Avocado
50ml	100ml	Creamy Lemon Mayo <i>(20ml [40ml] Mayo, 20ml [40ml] Sour Cream & 10ml [20ml] Lemon Juice)</i>
5ml	10ml	Garlic Powder
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Tomato/es <i>rinse & roughly dice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Egg/s (optional)
Blender
Paper Towel
Butter
Seasoning (salt & pepper)

1. **CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. **CAJUN CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. [You may need to do this step in *batches*.] During the final minute, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, season, and set aside.

3. **BRING ON THE BACON** Return the pan to medium-high heat. Fry the bacon until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

4. **OPTIONAL EGG** Bring a pot of water to the boil for the eggs (optional). When the water is boiling, cook the eggs for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel, slice in half, and season before serving.

5. **HOMEMADE DRESSING** Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Thinly slice ½ the avocado. Place the remaining avocado in a blender with the creamy lemon mayo, the garlic powder, and seasoning. Blend until smooth and creamy. Loosen with water in 10ml increments until drizzling consistency.

6. **COLOURFUL SALAD** In a salad bowl, toss together the green leaves, the tomato, the corn, a drizzle of olive oil, and seasoning.

7. **LOVELY DISH, CHEF!** Dish up the salad. Scatter over the crispy bacon. Top with the avocado, the boiled egg (if using), and the chicken. Drizzle over the avocado ranch dressing.