



UCOOK

Chicken & Gooseberry Salad

with beetroot & toasted hazelnuts

This dish has it all - sweet, zesty & nutty with a variety of textures that will keep you coming back for more! Juicy chicken slices are dolloped with vibrant basil pesto. Sided with roasted beetroot, and a tangy gooseberry & creamy feta salad. We added some crunch with a sprinkling of chopped hazelnuts. This one is guaranteed to hit all the right notes, Chef!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Rhea Hsu

 Carb Conscious

 Strandveld | First Sighting Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30g	Hazelnuts <i>roughly chop</i>
3	Free-range Chicken Breasts
22,5ml	NOMU Provençal Rub
45ml	Lemon Juice
60g	Salad Leaves <i>rinse & roughly shred</i>
300g	Cucumber <i>rinse & peel into ribbons</i>
180g	Gooseberries <i>rinse & halve (optional)</i>
75g	Danish-style Feta <i>drain</i>
90ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. GOING GREEN Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. CHOP CHOP Place the chopped hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRISPY, JUICY CHICKEN Place a pan over medium-high heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with a lid, and fry until cooked through, 2-4 minutes. During the final minute, baste with a knob of butter (optional) and the NOMU rub. Remove from the heat and set aside to rest for 5 minutes before slicing and seasoning.

4. A SALAD SYMPHONY In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded leaves, the cucumber ribbons, the gooseberries, the drained feta, and ½ the toasted hazelnuts.

5. DELISH DISH Plate up the juicy chicken slices and dollop over the pesto. Side with the dressed gooseberry salad. Scatter the roasted beetroot over the salad. Sprinkle over the remaining hazelnuts. Cheers, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	425kj
Energy	102kcal
Protein	9.1g
Carbs	4g
of which sugars	1g
Fibre	1.6g
Fat	6.5g
of which saturated	1.7g
Sodium	185mg

Allergens

Egg, Allium, Tree Nuts, Cow's Milk

Cook
within 3
Days