



# UCOOK

## Mustard-blistered Beans & Chicken

with goat's cheese & toasted walnuts

This is an elevated weeknight dinner guaranteed to hit the spot. Tender chicken breast slices sit next to a loaded salad packed with crispy chickpeas, mustard-infused green beans, and toasted walnuts topped with soft Chevin goat's cheese and a UCOOK honey-mustard dressing.

---

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Samantha du Toit

---

Carb Conscious

---

Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

---

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

## Ingredients & Prep

120g	Chickpeas <i>drain &amp; rinse</i>
10g	Walnuts <i>roughly chop</i>
1	Free-Range Chicken Breast
5ml	NOMU One For All Rub
100g	Green Beans <i>rinse &amp; trim</i>
1 unit	UCOOK Honey Mustard Dressing
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
25g	Chevin Goat's Cheese

## From Your Kitchen

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

**1. GOLDEN CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the rinsed chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan, season, and set aside.

**2. TOAST THE WALNUTS** Return the pan to medium heat. Toast the chopped walnuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. FRY THE CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 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.

**4. CHAR THE GREEN BEANS** While the chicken is resting, return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans until blistered and tender, 4-5 minutes (shifting occasionally). Remove from the pan, place in a bowl, and season. Add ½ the UCOOK honey mustard dressing and toss together.

**5. PUT IT ALL TOGETHER** Create a bed of the shredded salad leaves. Sprinkle over the crispy chickpeas. Top with the mustard-blistered beans and the toasted walnuts. Crumble over the goat's cheese and drizzle over the remaining UCOOK honey mustard dressing (to taste). Side with the chicken. Looking good, Chef!



## Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	453kj
Energy	108kcal
Protein	6.2g
Carbs	11g
of which sugars	6.4g
Fibre	1.9g
Fat	4.5g
of which saturated	1.8g
Sodium	131mg

## Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat  
Within  
3 Days