



UCCOOK

BBQ Chicken & Potato Salad

with fresh spring onion

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jewell Willemborg

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	546kJ	3326kJ
Energy	131kcal	796kcal
Protein	7.7g	46.8g
Carbs	10g	60g
of which sugars	4.2g	25.9g
Fibre	0.9g	5.7g
Fat	6.6g	40g
of which saturated	1.1g	6.7g
Sodium	162mg	989mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU BBQ Rub
200g	400g	Baby Potatoes <i>rinse & halve</i>
40ml	80ml	The Sauce Queen Smokey BBQ Sauce
20g	40g	Grated Mozzarella & Cheddar Cheese
50ml	100ml	Mayo
1	1	Spring Onion <i>rinse, trim & finely slice</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Cling Wrap

Paper Towel

1. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat in the NOMU rub, season, and set aside.

2. POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and place in a bowl.

3. BBQ CHICKEN When the potato has 5-10 minutes remaining, place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken until browned, 1-2 minutes per side. In the final 30-60 seconds, baste the chicken with the BBQ sauce. Sprinkle over the grated cheese, cover with the lid, and remove from the heat. Leave the lid on until the cheese is melted.

4. POTATO SALAD In a salad bowl, combine the creamy mayo, $\frac{3}{4}$ of the spring onion, the cooked potatoes, cucumber, and seasoning.

5. DINNER IS READY Make a bed of the salad leaves and top with the creamy warm potato salad. Side with the BBQ cheddar chicken and garnish with the remaining spring onion. Well done, Chef!