



Eat Within 3 Days

WCOOK

Chicken & Balsamic Onion Flatbread

with baby tomatoes

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	546kJ	2896kJ
Energy	131kcal	693kcal
Protein	10.3g	54.7g
Carbs	13g	69g
of which sugars	3.1g	16.3g
Fibre	1.1g	5.9g
Fat	3.8g	20g
of which saturated	1.7g	8.8g
Sodium	158mg	836mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion <i>peel & roughly slice</i>
5ml	10ml	Balsamic Reduction
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU One For All Rub
50ml	100ml	Creamy Pesto <i>15ml [30ml] Pesto & 35ml [70ml] Sour Cream</i>
80g	160g	Baby Tomatoes <i>rinsed & cut in half</i>
1	2	Flatbread/s
50g	100g	Grated Mozzarella Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. CARAMELISED ONIONS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). In the final 2-3 minutes, toss through the balsamic reduction and a splash of water. Remove from the pan, season, and cover.

2. COOK THE CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. 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 heat and place on a chopping board. Using two forks (one to secure the chicken and the other to shred), gently shred the chicken and set aside. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

3. SOME PREP Place the creamy pesto in a bowl. Add water in 5ml increments until a drizzling consistency. Season and set aside. Coat the baby tomatoes with a drizzle of olive oil and season.

4. FLATBREAD Evenly spread the chicken over the flatbread/s, top with the tomatoes, and sprinkle with the cheese. Carefully slide directly onto the oven rack and cook until the cheese has melted and the flatbread/s is/are golden, 8-10 minutes.

5. FLATBREAD FIESTA Plate up the loaded flatbread/s, scatter over the balsamic onions and drizzle over the creamy pesto. Enjoy, Chef!