



UCOOK

Pesto Chicken Salad

with basil pesto, bulgur wheat & lemon juice

Perfectly pan-fried chicken strips are slathered with melted mozzarella and sit atop a hearty bulgur wheat base. The balsamic-marinated tomato and basil pesto drizzle brings the classic caprese flavour profile together beautifully. Bellissima!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Morgan Offen

 Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

300ml	Bulgur Wheat <i>rinse</i>
30ml	Balsamic Vinegar
45ml	Lemon Juice
2	Tomatoes <i>rinse & roughly dice</i>
450g	Free-range Chicken Mini Fillets
90g	Grated Mozzarella Cheese
45ml	Pesto Princess Basil Pesto
60g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. BULGUR WHEAT Boil the kettle. Place the rinsed bulgur wheat in a pot with 600ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. MARINATE THE TOMATO In a bowl, combine the vinegar, a drizzle of olive oil, the lemon juice (to taste), a sweetener, and seasoning. Add the diced tomato and toss until coated. Set aside to marinate.

3. CHEESY CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden, 1-2 minutes. You may need to do this step in batches. During the final minute, top the chicken with the grated cheese, and cover with the lid. Remove from the heat and set aside to rest for 5 minutes.

4. LOOSEN THE PESTO In a small bowl, combine the pesto with 10ml of olive oil and 5ml of hot water.

5. BRING IT TOGETHER In a salad bowl, combine the cooked bulgur, the shredded green leaves, and the marinated tomatoes & the marinade. Season.

6. TANGY FEAST! Plate up a generous mound of the fluffy bulgur salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!

Nutritional Information

Per 100g

Energy	739kj
Energy	177kcal
Protein	13.9g
Carbs	20g
of which sugars	1.3g
Fibre	3.7g
Fat	5.2g
of which saturated	1.8g
Sodium	83mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Cook
within 3
Days