

# U COOK

## Smoked Chicken & Hot Honey Salad

with charred pineapple & pecan nuts

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Paul Cluver | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	598kJ	2709kJ
Energy	143kcal	648kcal
Protein	5.2g	23.5g
Carbs	11.3g	51.3g
of which sugars	7.7g	34.8g
Fibre	1.1g	5g
Fat	8.7g	39.3g
of which saturated	2.4g	10.7g
Sodium	338mg	1531mg

**Allergens:** Sulphites, Tree Nuts, Cow's Milk

**Spice Level:** Mild

Eat Within 2 Days



## Ingredients & Prep Actions:

Serves 1 [Serves 2]

10g	20g	Pecan Nuts <i>roughly chop</i>
40g	80g	Tinned Pineapple Pieces <i>drain &amp; cut into small bite-sized pieces</i>
50ml	100ml	Sweet Vinegar <i>(20ml [40ml] Honey &amp; 30ml [60ml] Apple Cider Vinegar)</i>
10ml	20ml	Banhoek Chilli Oil
40g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
75g	150g	Julienne Carrots
80g	160g	Baby Tomatoes <i>rinse &amp; cut in half</i>
1	2	Smoked Chicken Breast/s <i>cut into bite-sized pieces</i>
20g	40g	Danish-style Feta <i>drain</i>

**1. TOAST** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CHARRED PINEAPPLE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pineapple until lightly golden, 2-3 minutes (shifting occasionally). Remove from the pan. Return the pan to medium heat with the sweet vinegar and chilli oil (to taste). Simmer until slightly silky and bubbling, 3-4 minutes. Remove from the pan.

**3. JUST BEFORE SERVING** In a salad bowl, add the salad leaves, carrots, pineapple, baby tomatoes, a drizzle of olive oil, and the chicken. Toss to combine and season.

**4. TIME TO EAT** Bowl up the chicken salad, top with a crumble of the feta, drizzle over the sweet vinegar dressing, and sprinkle over the nuts. Cheers, Chef!

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water