

U COOK

Smoked Chicken & Hot Honey Salad

with charred pineapple & pecan nuts

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

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 3 [Serves 4]

| | | |
|-------|-------|--|
| 30g | 40g | Pecan Nuts <i>roughly chop</i> |
| 120g | 160g | Tinned Pineapple Pieces <i>drain & cut into small bite-sized pieces</i> |
| 150ml | 200ml | Sweet Vinegar <i>(60ml [80ml] Honey & 90ml [120ml] Apple Cider Vinegar)</i> |
| 30ml | 40ml | Banhoek Chilli Oil |
| 120g | 160g | Salad Leaves <i>rinse & roughly shred</i> |
| 225g | 300g | Julienne Carrots |
| 240g | 320g | Baby Tomatoes <i>rinse & cut in half</i> |
| 3 | 4 | Smoked Chicken Breasts <i>cut into bite-sized pieces</i> |
| 60g | 80g | 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, 3-4 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, 4-5 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