



# UCOOK

## Chicken, Tomato & Basil Panzanella

with garlic sourdough croutons & olives

Work less, Chef! This quick salad is low-effort, but looks absolutely stunning on a table. Tangy pickled red onions, crispy garlic-infused croutons, and succulent shredded chicken dance together on top of a loaded salad featuring baby tomatoes, olives, capers, and fresh herbs. Topped with ribbons of Italian-style hard cheese.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Samantha du Toit

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 Quick & Easy

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 Stellenzicht | Thunderstone Rosé

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## Ingredients & Prep

20ml	Red Wine Vinegar
2	Onions <i>peeled &amp; finely sliced</i>
1	Lemon <i>rinsed &amp; cut into wedges</i>
10g	Fresh Thyme <i>rinsed &amp; picked</i>
4	Free-range Chicken Breasts
2	Sourdough Baguettes <i>torn into bite-sized chunks</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
55g	Mixed Herbs <i>(40g Fresh Basil &amp; 15g Fresh Parsley)</i>
400g	Baby Tomatoes <i>rinsed &amp; halved</i>
80g	Pitted Green Olives <i>drained</i>
40g	Capers <i>drained &amp; roughly chopped</i>
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
60g	Italian-style Hard Cheese <i>peeled into ribbons</i>

## From Your Kitchen

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

**1. PICKLED ONION** In a small bowl, combine the red wine vinegar and a sweetener. Toss through the sliced onion and set aside to pickle.

**2. SHREDDED CHICKEN** In a small bowl, combine a generous squeeze of lemon juice and the pickled thyme. 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 on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through and crispy, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the thyme lemon juice. Remove from the pan, reserving the pan juices, and rest for 5 minutes before shredding and seasoning. Toss the shredded chicken through the pan juices before serving.

**3. CRUNCHY CROUTONS** Toss the bread chunks in a drizzle of olive oil, the grated garlic, and seasoning. Return the pan to medium heat. When hot, toast the bread until crispy, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

**4. ALL TOGETHER NOW** Rinse and pick the mixed herbs. Finely slice the pickled basil. In a bowl, combine  $\frac{1}{2}$  the baby tomatoes,  $\frac{1}{2}$  the mixed herbs, and the pickled onion with the pickling vinegar. Scrunch with your hands to make a rough pulp. Mix through  $\frac{2}{3}$  of the croutons, the drained olives, the chopped capers, the remaining tomatoes, the remaining herbs, the salad leaves, 120ml of olive oil, and seasoning.

**5. PACK THE PANZANELLA** Plate up the panzanella. Scatter over the remaining croutons and the cheese ribbons. Top with the shredded chicken and the remaining pan juices. Go and impress your guests, Chef!



## Chef's Tip

Air fryer method: Coat the bread chunks in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	428kJ
Energy	102kcal
Protein	8.6g
Carbs	12g
of which sugars	2g
Fibre	1.6g
Fat	2.3g
of which saturated	0.7g
Sodium	208mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites

Cook  
within 3  
Days