



UCCOOK

Italian Chicken & Mozzarella Salad

with basil pesto & couscous

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Villiera Wines | Villiera Jasmine White Blend

Nutritional Info

	Per 100g	Per Portion
Energy	650kJ	2765kJ
Energy	156kcal	661kcal
Protein	12.7g	53.8g
Carbs	12g	50g
of which sugars	2.2g	9.5g
Fibre	1.5g	6.3g
Fat	5.7g	24.3g
of which saturated	1.7g	7.4g
Sodium	92mg	392mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
15ml	30ml	Balsamic Vinegar
1	1	Tomato <i>rinse & roughly dice</i>
1	2	Free-range Chicken Breast/s
30g	60g	Grated Mozzarella Cheese
30ml	60ml	Pesto Princess Basil Pesto
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

- 1. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 2. MARINATE THE TOMATO** In a bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Add the tomato and toss until coated. Set aside to marinate for serving.
- 3. CHEESY CHICKEN** Pat the chicken dry with paper towel. Slice the chicken into strips, about 1cm thick. Place a pan, with a lid, over medium-high heat with a drizzle of oil. Fry the strips until golden and cooked through, 1-2 minutes per side. During the final minute, top the chicken with the cheese, and cover with the lid. Remove from the heat and set aside to rest for 3 minutes.
- 4. LOOSEN THE PESTO** In a small bowl, combine the pesto with 5ml olive oil and 5ml of warm water. Mix well to combine.
- 5. BRING IT TOGETHER** In a salad bowl, combine the couscous, the salad leaves, the tomato and the marinade, and seasoning.
- 6. TANGY FEAST!** Plate up a generous mound of the fluffy couscous salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!