

# QCOOK

## Pineapple & Basil Summer Chicken Salad

with almonds & goat's cheese

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	382kj	1814kj
Energy	91kcal	434kcal
Protein	9.3g	44g
Carbs	6.1g	29.1g
of which sugars	4.4g	20.8g
Fibre	0.9g	4.4g
Fat	3.3g	15.8g
of which saturated	1.1g	5.2g
Sodium	100mg	475mg

**Allergens:** Sulphites, Tree Nuts, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
20g	20g	Almonds
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	NOMU Roast Rub
100g	200g	Pineapple Fingers <i>cut into bite-sized pieces</i>
40g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	200g	Cucumber <i>rinse &amp; peel into ribbons</i>
5g	10g	Fresh Basil <i>rinse &amp; pick</i>
30ml	60ml	Raspberry Vinaigrette <i>(5ml [10ml] Wholegrain Mustard, 20ml [40ml] Raspberry Vinegar &amp; 5ml [10ml] Honey)</i>
25g	50g	Chevin Goat's Cheese
10ml	20ml	Lemon Juice

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

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

**2. CHICKEN** Return the pan to medium heat with a bit of cooking spray. Pat the chicken dry with paper towel and coat with the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side.

**3. JUST BEFORE SERVING** In a salad bowl, combine the pineapple, the salad leaves, the cucumber, the basil and the raspberry vinaigrette. Toss to combine and season.

**4. TIME TO EAT** Dish up the loaded salad, top with the chicken strips, crumble over the goat's cheese, and scatter over the toasted almonds. Finish with some lemon juice (to taste). Enjoy, Chef!