

UCCOOK

Pineapple & Basil Summer Chicken Salad

with almonds & goat's cheese

Hands-on Time: 30 minutes

Overall Time: 35 minutes

***New 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	6g	29g
of which sugars	4g	21g
Fibre	1g	4g
Fat	3.3g	15.8g
of which saturated	1.1g	5.2g
Sodium	100.1mg	475.1mg

Allergens: Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	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 & roughly shred</i>
100g	200g	Cucumber <i>rinse & peel into ribbons</i>
5g	10g	Fresh Basil <i>rinse & pick</i>
30ml	60ml	Raspberry Vinaigrette <i>(5ml [10ml] Wholegrain Mustard, 20ml [40ml] Raspberry Vinegar & 5ml [10ml] Honey)</i>
25g	50g	Chevin Goat's Cheese
10ml	20ml	Lemon Juice

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

- 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!