



UCCOOK

Italian Pesto Chicken & Beetroot Salad

with basil pesto, roasted beetroot & sour cream

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	376kJ	2525kJ
Energy	90kcal	604kcal
Protein	6.8g	45.8g
Carbs	7g	45g
of which sugars	3.1g	20.8g
Fibre	1.8g	11.8g
Fat	3.5g	23.3g
of which saturated	0.8g	5.3g
Sodium	96mg	645mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
10g	20g	Almonds <i>roughly chop</i>
20ml	40ml	Sour Cream
80g	160g	Baby Tomatoes <i>rinse & halve</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	2	Free-range Chicken Breast/s
5ml	10ml	NOMU Italian Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20ml	40ml	Pesto Princess Basil Pesto
10ml	20ml	Balsamic Reduction
5ml	10ml	Dried Oregano

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Cling Wrap
Paper Towel
Butter
Rolling Pin

1. READY THE ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy and cooked through, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

2. TOAST & PREP 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. In a bowl, loosen the sour cream with a splash of water. Season and set aside. In a separate bowl, season the tomatoes.

3. GOLDEN ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until lightly golden, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the [\[each\]](#) chicken breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the [\[each\]](#) chicken breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat with oil, the NOMU rub, and seasoning.

5. CHARRED CHICKEN Return the pan to medium heat with a knob of butter. When hot, fry the chicken until lightly charred and cooked through, 2-3 minutes per side. Remove from the pan.

6. SOME FRESHNESS In a salad bowl, combine the salad leaves with a drizzle of olive oil, the toasted nuts, and seasoning.

7. DINNER IS READY Plate up the roasted beetroot and the fresh salad. Top with the chicken. Dollop over the sour cream and the basil pesto, sprinkle over the golden onions, and the tomatoes. Drizzle over the balsamic reduction. Garnish with the oregano. Look at you, Chef!