



# UCOOK

## Alvi's Drift Chicken & Waldorf Salad

with lemon oil, broccoli & a mustard-yoghurt dressing

This old school classic doesn't disappoint! Crunchy apple, celery, walnuts, and fresh blueberries in a lemon, Dijon mustard, & yoghurt dressing. Served with chicken, lemon oil, and broccoli.

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Alvi's Drift

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 Carb Conscious

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 No paired wines

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## Ingredients & Prep

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100g	Broccoli Florets <i>rinsed &amp; cut into bite-sized pieces</i>
10g	Walnuts <i>roughly chopped</i>
30ml	Low Fat Plain Yoghurt
1	Lemon <i>½ zested &amp; cut into wedges</i>
2,5ml	Dijon Mustard
150g	Free-range Chicken Mini Fillets
10ml	NOMU Provençal Rub
1	Apple <i>½ rinsed, peeled, cored &amp; thinly sliced</i>
1	Celery Stalk <i>rinsed &amp; finely sliced</i>
125g	Fresh Blueberries <i>rinsed &amp; halved</i>
20g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. BROCCOLI** Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally).

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

**3. LEMON MUSTARD DRESSING** In a salad bowl, combine the yoghurt, a squeeze of lemon juice (to taste), and the Dijon mustard. Add water in 5ml increments until a creamy consistency. Season and set aside.

**4. SIZZLING CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final minute, return all the chicken to the pan and baste with a knob of butter and the NOMU rub. Remove from the pan, season, and set aside.

**5. APPLE SALAD** To the bowl with the lemon mustard dressing, toss through the sliced apple, the sliced celery (to taste), the halved berries, the charred broccoli, and ½ the toasted walnuts.

**6. DINNER IS SERVED!** Make a bed of the rinsed green leaves. Top with the dressed Waldorf salad and the chicken pieces. Drizzle over the lemon oil (to taste). Garnish with lemon zest and the remaining walnuts. Delicious, Chef!

## Nutritional Information

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Per 100g

Energy	342kJ
Energy	82kcal
Protein	7.1g
Carbs	9g
of which sugars	4.9g
Fibre	2.5g
Fat	2.2g
of which saturated	0.4g
Sodium	93mg

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## Allergens

Dairy, Sulphites, Tree Nuts

Cook  
within 3  
Days