Eat Within 3 Days

UCOOK

Grilled Chicken & Waldorf Salad

with grapes & chickpeas

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	456kJ	3060kJ
Energy	109kcal	732kcal
Protein	7.7g	51.5g
Carbs	11g	77g
of which sugars	3.7g	24.8g
Fibre	2.5g	16.7g
Fat	3g	20.2g
of which saturated	0.4g	2.8g
Sodium	74.1mg	497mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Chickpeas *drain & rinse*
90ml	125ml	Low Fat Plain Yoghurt
45ml	60ml	Lemon Juice
30ml	40ml	Dijon Mustard
2	2	Apples *rinse, peel, core & thinly slice* *1½ [2]*
3	4	Celery Stalks *rinse & finely slice*
240g	320g	Grapes *rinse & halve*
45g	60g	Walnuts *roughly chop*
450g	600g	Free-range Chicken Mini Fillets
30ml	40ml	NOMU One For All Rub
120g	160g	Salad Leaves *rinse & roughly shred*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. GOLDEN CHICKPEAS Place a pan over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

2. DIJON DRESSING In a salad bowl, combine the yoghurt, lemon juice (to taste), and the Dijon mustard. Add water in 5ml increments until a creamy consistency. Season and toss through the apple, celery (to taste), grapes, chickpeas, and ½ the walnuts.

3. FRY THE CHICKEN Place a clean 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. You may need to do this step in batches. 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.

4. GRAB THE PLATES Make a bed of the salad leaves. Top with the dressed Waldorf salad and the chicken pieces. Garnish with the remaining walnuts. Delicious, Chef!