



UCCOOK

Chicken BLT Salad

with gherkins & cannellini beans

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	647kJ	3531kJ
Energy	153kcal	844kcal
Protein	10.1g	55.8g
Carbs	5g	30g
of which sugars	1.3g	7g
Fibre	1.5g	8g
Fat	10.2g	56g
of which saturated	2.7g	15.1g
Sodium	268mg	1464mg

Allergens: Sulphites, Egg, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Tomato/es <i>rinse & cut into bite-sized pieces</i>
150g	300g	Free-range Chicken Mini Fillets
40g	80g	Green Leaves <i>rinse & roughly shred</i>
20g	40g	Gherkins <i>drain & roughly chop</i>
5ml	10ml	NOMU One For All Rub
60ml	120ml	Creamy Dressing <i>(30ml [60ml] Hellmann's Mayo & 30ml [60ml] Sour Cream)</i>
2 strips	4 strips	Streaky Pork Bacon
120g	240g	Cannellini Beans <i>drain & rinse</i>

From Your Kitchen

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

1. BACON Place a pan over medium-high heat (with a lid) with a drizzle of oil. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

2. CHICKEN Return the pan, wiped clean if necessary to 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. During the final 30-60 seconds, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, season, and set aside.

3. JUST BEFORE SERVING In a salad bowl, combine the tomato, the green leaves, the beans, the gherkins, a drizzle of olive oil, and seasoning. In a small bowl, loosen the creamy dressing with a splash of water until drizzling consistency.

4. DINNER IS READY Bowl up the salad, top with the chicken, drizzle over the creamy dressing, and scatter over the bacon. Tuck in, Chef!