



UCOOK

Cobb Salad & Chicken Tenders

with ranch dressing & avocado

A crispy coating of almond flour and Italian-style hard cheese make these chicken strips a meal to remember. Sided with a creamy cobb salad, which contains quartered bocconcini balls, tangy fresh tomatoes, crispy green leaves, and creamy avo - all covered in a homemade ranch dressing. A dinner that ticks all the taste boxes!

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Ella Nasser

 Carb Conscious

 Creation Wines | Creation Elation MCC 2016

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Ingredients & Prep

4	Avocados
80ml	Cornflour
280ml	Guilt-free Crumb <i>(160ml Almond Flour, 80ml Grated Italian-style Hard Cheese & 40ml NOMU Provençal Rub)</i>
4	Free-range Chicken Breasts <i>skin removed, pat dry & cut in 1-2cm thick strips</i>
80g	Almonds <i>roughly chopped</i>
40ml	NOMU One For All Rub
350ml	Ranch Dressing <i>(240ml Low Fat Plain Yoghurt, 100ml Buttermilk & 10ml Wholegrain Mustard)</i>
80g	Green Leaves <i>rinsed & roughly shredded</i>
2	Tomatoes <i>roughly diced</i>
12	Bocconcini Balls <i>drained & quartered</i>
15g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Sugar/Sweetener/Honey

1. AVOCADOS Halve the avocados and remove the pips. Scoop out the avocado flesh. Slice the avocados, season, and set aside.

2. OH CRUMBS Whisk 2 eggs in a shallow dish with 2 tsp of water. Prepare two more shallow dishes, one containing the cornflour (seasoned lightly) and the other containing the guilt-free crumb. Coat each chicken strip in the flour first, then in the egg mixture, and lastly, in the crumb. Dust off any excess in between coatings.

3. GOLDEN & SAUCY Place the chopped almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside. In a bowl, combine the rub, the ranch dressing, a sweetener of choice (to taste), and seasoning. Set aside.

4. FRY MOMENT Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the crumbed chicken strips and fry for 1-2 minutes per side until golden and cooked through. You may need to do this step in batches. Remove from the pan, drain on paper towel, and season.

5. WHAT A MEAL! Make a bed of the shredded leaves. Scatter over the diced tomato, the bocconcini quarters, the seasoned avocado slices, and the toasted almonds. Side with the crispy chicken tenders and garnish it all with the chopped coriander. Drizzle the salad with some of the ranch dressing and serve the remaining dressing in a bowl alongside for dipping.

Nutritional Information

Per 100g

Energy	666kJ
Energy	159kcal
Protein	8.6g
Carbs	7g
of which sugars	1.7g
Fibre	2.9g
Fat	11g
of which saturated	2.8g
Sodium	152mg

Allergens

Egg, Dairy, Sulphites, Tree Nuts

Cook
within 3
Days