



UCOOK

Crispy Italian Crumbed Chicken Salad

with chickpeas, sun-dried tomatoes & blue cheese dressing

The ultimate dilemma... You're craving crumbed chicken with a decadent blue cheese dressing, but getting your greens in for the day is also important. Let's combine the two, Chef! A fresh salad, with plump peas, crispy chickpeas, & sun-dried tomatoes, is topped with crispy chicken, a blue cheese dressing, and Italian-style hard cheese.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

120g	Chickpeas <i>drain & rinse</i>
1	Crumbed Chicken Breast
50g	Peas
20g	Sun-dried Tomatoes <i>drain</i>
40g	Salad Leaves <i>rinse & shred</i>
50ml	Blue Cheese Dressing
30g	Italian-style Hard Cheese <i>roughly dice</i>

From Your Kitchen

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

1. CRISPY MOMENT Air fryer method: Coat the rinsed chickpeas in oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway). In the final 3-5 minutes, add crumbed chicken, and roast until crispy, and warmed through. Remove from the air fryer, slice, and season.

2. BEFORE SERVING In a salad bowl, combine the peas, the chickpeas, the sun-dried tomatoes, the shredded leaves, a drizzle of olive oil, and seasoning.

3. TIME TO EAT Bowl up the salad, top with the chicken slices, and drizzle over the blue cheese dressing. Scatter over the diced cheese. Enjoy, Chef!



Chef's Tip

Preheat the oven to 200°C. Spread the drained chickpeas on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. In the final 3-5 minutes, add the crumbed chicken and roast until crispy and warmed through.

Nutritional Information

Per 100g

Energy	543kj
Energy	130kcal
Protein	11.8g
Carbs	14g
of which sugars	2.8g
Fibre	2.9g
Fat	6.7g
of which saturated	1.8g
Sodium	199mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
2 Days