



UCCOOK

Avocado Ranch & Chicken Cobb Salad

with streaky pork bacon & corn

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Strandveld | Adamastor White Blend

Nutritional Info

	Per 100g	Per Portion
Energy	614kJ	3473kJ
Energy	147kcal	831kcal
Protein	9.6g	54.5g
Carbs	6g	31g
of which sugars	0.8g	4.3g
Fibre	3.1g	17.4g
Fat	10.1g	56.9g
of which saturated	2.3g	12.9g
Sodium	130mg	737mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Corn
1	2	Free-range Chicken Breast/s
10ml	20ml	NOMU Cajun Rub
2 strips	4 strips	Streaky Pork Bacon
1	1	Avocado
50ml	100ml	Creamy Lemon Mayo <i>(20ml [40ml] Mayo, 20ml [40ml] Sour Cream & 10ml [20ml] Lemon Juice)</i>
5ml	10ml	Garlic Powder
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
80g	160g	Baby Tomatoes <i>rinse & cut into quarters</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Egg/s (optional)
Blender

- 1. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 2. CAJUN CHICKEN** Return the pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel, cut into strips, coat with the NOMU rub, and seasoning. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and set aside.
- 3. BRING ON THE BACON** Return the pan to medium-high heat. Fry the bacon until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.
- 4. OPTIONAL EGG** Bring a pot of water to the boil for the egg (optional). When the water is boiling, cook the egg for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel, slice in half, and season before serving.
- 5. HOMEMADE DRESSING** Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Thinly slice ½ the avocado. Place the remaining avocado in a blender with the creamy lemon mayo, garlic powder, and seasoning. Blend until smooth and creamy. Loosen with water in 10ml increments until drizzling consistency.
- 6. COLOURFUL SALAD** In a salad bowl, toss together the green leaves, the tomato, the corn, a drizzle of olive oil, and seasoning.
- 7. LOVELY DISH, CHEF!** Dish up the salad. Scatter over the crispy bacon. Top with the avocado, the boiled egg (if using), and the chicken. Drizzle over the avocado ranch dressing.