



UCCOOK

The Green Goddess' Chicken Salad

with kale, walnuts & avocado

Sweet dreams are made of greens! Marinated chicken mini fillets tossed with peas, crispy kale, chickpeas and swirled in our green goddess dressing: yoghurt, avocado, and lemon. Walnuts and fresh apples finish it off with a divine crunch.

Hands-On Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Abigail Goschen

♥ Health Nut

🍷 Haute Cabrière | Chardonnay Pinot Noir

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

480g	Chickpeas <i>drained & rinsed</i>
600g	Free-range Chicken Mini Fillets
20ml	NOMU Roast Rub
40g	Walnuts
2	Avocados
40ml	Raspberry Vinegar
85ml	Low Fat Plain Yoghurt
300g	Kale <i>rinsed & roughly shredded</i>
200g	Peas
2	Apples <i>rinsed</i>
15g	Fresh Chives <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. CRISP & MARINADE Boil the kettle. Preheat the oven to 200°C. Place the drained chickpeas on a roasting tray. Coat in oil and seasoning. Spread out in a single layer and roast in the hot oven for 20-25 minutes until crispy, shifting at the halfway mark. Rinse the chicken mini fillets to get rid of any residue from the packet and pat dry with paper towel. Add to a bowl with the Roast rub and a drizzle of oil, toss to coat, and leave to marinate until frying.

2. NUTS & GREEN GODDESS DRESSING Place the walnuts in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Halve the avocados and scoop out the flesh and place ½ of it in a blender. Slice the rest, drizzle over some raspberry vinegar (reserve some for seasoning the dressing) and set aside. Add the yoghurt to the blender and pulse until smooth. Gradually loosen with milk or water in 50ml increments until drizzling consistency. Mix in more raspberry vinegar and seasoning according to your preference.

3. KALE KALE KALE When the roast has 8-10 minutes to go, scatter over the kale and return to the oven for the remaining roasting time. On completion, the kale and chickpeas should be crispy.

4. GOLDEN CHICKEN Return the pan to a medium heat with a drizzle of oil. When hot, pop in the mini fillets along with the marinade from the bowl. Fry for 2-3 minutes per side until cooked through. Remove from the heat on completion and set aside to rest in the pan for 3 minutes.

5. ASSEMBLE! Place the peas in a bowl, submerge with boiling water and plump up for 2-3 minutes. Drain on completion and place in a salad bowl. Cut the rinsed apple into cubes and add to the bowl of peas. Add in the crispy kale, ½ of the crispy chickpeas and ½ of the green goddess dressing. Toss until everything is fully coated in the dressing.

6. FEAST LIKE THE GREEK GODS Bowl up a portion of crunchy salad and scatter with the sliced avo. Top with the chicken and drizzle over the remaining green goddess dressing. Garnish with the remaining chickpeas, chopped chives, and chopped walnuts. Gorgeous!



Chef's Tip

No blender? Mash the avo with a fork, then mix in the remaining dressing ingredients. Use as much or as little dressing as you like.

Nutritional Information

Per 100g

Energy	507kJ
Energy	121Kcal
Protein	9.6g
Carbs	9g
of which sugars	2.2g
Fibre	3.8g
Fat	4.7g
of which saturated	0.7g
Sodium	61mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days