



# WCOOK

## Italian Chicken & Mozzarella Salad

with basil pesto & couscous wheat

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Morgan Otten

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Estate  
White MCC

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 688kJ    | 3078kJ      |
| Energy             | 165kcal  | 736kcal     |
| Protein            | 12.7g    | 56.8g       |
| Carbs              | 14g      | 4g          |
| of which sugars    | 2.3g     | 10.5g       |
| Fibre              | 1.7g     | 7.8g        |
| Fat                | 5.4g     | 24.3g       |
| of which saturated | 1.7g     | 7.4g        |
| Sodium             | 88mg     | 394mg       |

**Allergens:** Sulphites, Egg, Gluten, Tree Nuts, Wheat,  
Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                  |
|----------|------------|--------------------------------------------------|
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i> |
| 100ml    | 200ml      | Couscous                                         |
| 30ml     | 60ml       | Pesto Princess Basil Pesto                       |
| 1        | 2          | Free-range Chicken Breast/s                      |
| 15ml     | 30ml       | Balsamic Vinegar                                 |
| 30g      | 60g        | Grated Mozzarella Cheese                         |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice</i>        |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

**1. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. MARINATE THE TOMATO** In a bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Add the tomato and toss until coated. Set aside to marinate for serving.

**3. CHEESY CHICKEN** Pat the chicken dry with paper towel. Slice the chicken into strips, about 1cm thick. Place a pan, with a lid, over medium-high heat with a drizzle of oil. Fry the strips until golden and cooked through, 1-2 minutes per side. During the final minute, top the chicken with the cheese, and cover with the lid. Remove from the heat and set aside to rest for 3 minutes.

**4. LOOSEN THE PESTO** In a small bowl, combine the pesto with 5ml olive oil and 5ml of warm water. Mix well to combine.

**5. BRING IT TOGETHER** In a salad bowl, combine the couscous, the salad leaves, the tomato and the marinade, and seasoning.

**6. TANGY FEAST!** Plate up a generous mound of the fluffy couscous salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!

**Chef's Tip** To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.