

# UCOOK

## Ranch Salad & Grilled Chicken

**with ranch dressing, fresh green leaves & avocado**

A bed of fresh greens is topped with charred pops of corn, tangy tomato, juicy cucumber chunks, salty feta cubes & creamy avo slices. Served with golden chicken mini fillets & a ranch dressing that will make you want seconds, thirds, and fourths!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Harry Hartman | Stellenbosch Sauvignon Blanc

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## Ingredients & Prep

|         |                                                                                                                    |
|---------|--------------------------------------------------------------------------------------------------------------------|
| 45g     | Almonds<br><i>roughly chopped</i>                                                                                  |
| 150g    | Corn                                                                                                               |
| 45ml    | NOMU One For All Rub                                                                                               |
| 262,5ml | Ranch Dressing<br><i>(180ml Low Fat Plain<br/>Yoghurt, 75ml Buttermilk<br/>&amp; 7,5ml Wholegrain<br/>Mustard)</i> |
| 450g    | Free-range Chicken Mini<br>Filletts                                                                                |
| 2       | Avocados                                                                                                           |
| 120g    | Green Leaves<br><i>rinsed &amp; roughly shredded</i>                                                               |
| 3       | Tomatoes<br><i>roughly diced</i>                                                                                   |
| 300g    | Cucumber<br><i>cut into chunks</i>                                                                                 |
| 120g    | Danish-style Feta<br><i>drained</i>                                                                                |
| 12g     | Fresh Chives<br><i>finely chopped</i>                                                                              |

## From Your Kitchen

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

**1. ALL OF THE ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**3. RUB-A-DUB-RUB** In a bowl, combine ½ the NOMU rub, the ranch dressing, a sweetener, and seasoning. Set aside.

**4. MINI-FILLET FRY MOMENT** Return the pan, wiped down, to medium-high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. In the final minute, baste with a knob of butter and the remaining rub. Remove from the pan, season, and set aside.

**5. HAVO SOME AVO** Halve the avocados and set aside one of the halves for another meal. Slice the avocados, season, and set aside.

**6. WHAT A MEAL!** Make a bed of the shredded leaves. Top with the tender chicken, the charred corn, the diced tomato, the cucumber chunks, the drained feta, the seasoned avocado slices, and the toasted almonds. Drizzle over the ranch dressing and garnish with the chopped chives. Enjoy, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 485kj   |
| Energy             | 116kcal |
| Protein            | 7.8g    |
| Carbs              | 6g      |
| of which sugars    | 1.4g    |
| Fibre              | 2.4g    |
| Fat                | 6.9g    |
| of which saturated | 1.8g    |
| Sodium             | 154mg   |

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 2  
Days