



UCOOK

Green Goddess Chicken Salad

with heirloom nachos & walnuts

Sweet dreams are made of greens! Marinated chicken tossed with peas, fresh green leaves, crispy chickpeas and swirled in our green goddess dressing made from yoghurt, avocado & raspberry vinegar. Walnuts, heirloom nachos & fresh apple finish it off with a divine crunch.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Fan Faves

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
1	Free-range Chicken Breast <i>skin removed, pat dry & cut into 2cm thick strips</i>
10ml	NOMU Roast Rub
15g	Walnuts
1	Apple <i>rinsed</i>
1	Avocado
50ml	Low Fat Plain Yoghurt
15ml	Raspberry Vinegar
50g	Peas
20g	Green Leaves <i>rinsed</i>
4g	Fresh Chives <i>rinsed & roughly chopped</i>
80g	Heirloom Corn Nachos

From Your Kitchen

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

1. CRISP & MARINATE Place a pan over medium heat with a drizzle of oil. When hot, fry the drained chickpeas for 8-10 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in! In a bowl, combine the chicken strips, the rub, a drizzle of oil, and seasoning. Set aside to marinate until frying.

2. CRUNCH STATION Place the walnuts in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop. Set aside. Cut ½ the rinsed apple into cubes and place in a salad bowl.

3. GO GO GREEN GODDESS Halve the avocado and scoop out the flesh. Place ½ of the flesh in a blender. Add the yoghurt and pulse until smooth. Gradually loosen with milk or water in 30ml increments until drizzling consistency. Add ½ the vinegar (to taste) and season. Set aside. Slice the remaining avocado and toss in the remaining vinegar.

4. GOLDEN CHICKEN Return the pan to a medium heat with a drizzle of oil. When hot, add the marinated chicken strips and any remaining marinade. Fry for 2-3 minutes per side until cooked through. Remove from the heat and set aside to rest in the pan for 3 minutes.

5. ASSEMBLE! Boil the kettle. Place the peas in a bowl, submerge in boiling water and allow to plump up for 2-3 minutes. Drain and place in the bowl with the apple cubes. Add in the rinsed leaves, ½ of the crispy chickpeas, and ½ of the green goddess dressing (to taste). Toss until coated.

6. FEAST LIKE THE GREEK GODS Bowl up the salad and scatter over the sliced avo and the chicken. Drizzle over the remaining dressing (to taste). Garnish with the remaining chickpeas, the chopped chives, and the chopped walnuts. Crumble over the nachos or serve on the side for dunking. Gorgeous, Chef!



Chef's Tip

If you don't have a blender, mash the avo with a fork, then mix in the remaining dressing ingredients.

Nutritional Information

Per 100g

Energy	734kj
Energy	175kcal
Protein	7.5g
Carbs	16g
of which sugars	3.2g
Fibre	4.2g
Fat	9.1g
of which saturated	1.5g
Sodium	152mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days