

Eat Within 3 Days

# Villiera Chicken & Goat's Cheese Salad

**with roasted beets & walnuts**

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Villiera Wines

**Wine Pairing:** Villiera Wines | Villiera Jasmine White Blend

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 440kJ | 3183kJ |
| Energy | 105kcal | 761kcal |
| Protein | 6.8g | 49.2g |
| Carbs | 10g | 75g |
| of which sugars | 5.9g | 43g |
| Fibre | 2.1g | 14.9g |
| Fat | 3.8g | 27.5g |
| of which saturated | 0.9g | 6.2g |
| Sodium | 145mg | 1049mg |

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

**Spice Level:** None

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 200g | 400g | Beetroot<br>*rinse, trim, peel (optional) & cut into bite-sized pieces* |
| 15g | 30g | Walnuts |
| 150g | 300g | Free-range Chicken Mini Fillets |
| 10ml | 20ml | NOMU Poultry Rub |
| 60g | 120g | Cannellini Beans<br>*drain & rinse* |
| 1 | 1 | Apple<br>*rinse, peel, core & cut ½ [1] into thin wedges* |
| 40g | 80g | Salad Leaves<br>*rinse & finely shred* |
| 30ml | 60ml | Honey Mustard Dressing |
| 15ml | 30ml | Balsamic Reduction |
| 25g | 50g | Chevin Goat's Cheese |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. BEGIN THE BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. FOR CRUNCH Place the walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED CHICKEN Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel and coat with NOMU rub and seasoning. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and cover to keep warm.

4. CRISPY BEANS Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the beans until crispy, 5-6 minutes (shifting occasionally). Remove from the pan and season.

5. JUST BEFORE SERVING Coat the apple and salad leaves with the honey mustard dressing.

6. TIME TO DINE Bowl up the dressed apple salad, top with the roasted beets, and the chicken. Scatter over the beans and drizzle with the balsamic reduction. Crumble over the goat's cheese and garnish with a sprinkle of the nuts. Cheers, Chef!

**Chef's Tip** Cooking in batches prevents overcrowding, helping food cook evenly and turn beautifully golden and crispy.