



UCOOK

Chicken, Tomato & Basil Panzanella

with garlic sourdough croutons & olives

Work less, Chef! This quick salad is low-effort, but looks absolutely stunning on a table. Tangy pickled red onions, crispy garlic-infused croutons, and succulent shredded chicken dance together on top of a loaded salad featuring baby tomatoes, olives, capers, and fresh herbs. Topped with ribbons of Italian-style hard cheese.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Quick & Easy

 Stellenzicht | Thunderstone Rosé

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Ingredients & Prep

5ml	Red Wine Vinegar
1	Onion <i>½ peeled & finely sliced</i>
1	Lemon <i>rinsed & cut into wedges</i>
3g	Fresh Thyme <i>rinsed & picked</i>
1	Free-range Chicken Breast
1	Sourdough Baguette <i>torn into bite-sized chunks</i>
1	Garlic Clove <i>peeled & grated</i>
14g	Mixed Herbs <i>(10g Fresh Basil & 4g Fresh Parsley)</i>
100g	Baby Tomatoes <i>rinsed & halved</i>
20g	Pitted Green Olives <i>drained</i>
10g	Capers <i>drained & roughly chopped</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
15g	Italian-style Hard Cheese <i>peeled into ribbons</i>

From Your Kitchen

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

1. PICKLED ONION In a small bowl, combine the red wine vinegar and a sweetener. Toss through the sliced onion and set aside to pickle.

2. SHREDDED CHICKEN In a small bowl, combine a generous squeeze of lemon juice and the picked thyme. Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through and crispy, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the thyme lemon juice. Remove from the pan, reserving the pan juices, and rest for 5 minutes before shredding and seasoning. Toss the shredded chicken through the pan juices before serving.

3. CRUNCHY CROUTONS Toss the bread chunks in a drizzle of olive oil, the grated garlic, and seasoning. Return the pan to medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

4. ALL TOGETHER NOW Rinse and pick the mixed herbs. Finely slice the picked basil. In a bowl, combine ½ the baby tomatoes, ½ the mixed herbs, and the pickled onion with the pickling vinegar. Scrunch with your hands to make a rough pulp. Mix through ⅔ of the croutons, the drained olives, the chopped capers, the remaining tomatoes, the remaining herbs, the salad leaves, 30ml of olive oil, and seasoning.

5. PACK THE PANZANELLA Plate up the panzanella. Scatter over the remaining croutons and the cheese ribbons. Top with the shredded chicken and the remaining pan juices. Go and impress your guests, Chef!



Chef's Tip

Air fryer method: Coat the bread chunks in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	428kj
Energy	102kcal
Protein	8.6g
Carbs	12g
of which sugars	2g
Fibre	1.6g
Fat	2.3g
of which saturated	0.7g
Sodium	208mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days