



UCOOK

Green Goddess Warm Chicken Salad

with crispy kale and chickpeas, walnuts & fresh avocado

Crispy-skinned chicken pieces, marinated in a NOMU rub and set atop an emerald jumble of peas, kale, and apple. Soaked in our green goddess dressing of yoghurt, avo, lemon, and parsley; and served with walnuts and roast chickpeas for a crunchy finish.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 Health Nut

 Lanzerac Estate | Chenin Blanc

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Ingredients & Prep

2	Free-range Chicken Pieces
5ml	NOMU Roast Rub
120g	Chickpeas <i>drained & rinsed</i>
75g	Kale <i>rinsed & roughly shredded</i>
1	Avocado
1	Lemon <i>cut into wedges</i>
22,5ml	Plain Yoghurt
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
10g	Walnuts
50g	Peas
1	Apple <i>rinsed</i>

From Your Kitchen

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

1. ROAST THE CHICKEN & DRESS THE VEG Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel and place on a roasting tray. Coat in oil, ½ of the Roast Rub, and a little seasoning to taste. Roast in the hot oven for 30-35 minutes. Place the drained chickpeas in a bowl. Coat in oil and the remaining Roast Rub. Place ¾ of the shredded kale in a separate bowl. Massage with a small drizzle of oil and some seasoning until softened and coated. Set the chickpeas and kale aside.

2. DREAMY GREEN DRESSING Halve the avocado and set aside the ½ containing the pip for use in another meal. Scoop out the flesh and place ½ of it in a blender. Cut the rest into cubes, squeeze over some lemon juice, and set aside. Add the yoghurt and ¾ of the chopped parsley to the blender. Squeeze in the juice of 1 lemon wedge (or to taste) and blend until smooth. Gradually loosen with milk or water in 10ml increments until drizzling consistency. Mix in more lemon juice and seasoning according to your preference, and set aside for serving.

3. IT'S HALFTIME When the chicken is at the halfway mark, give it a shift, scatter over the chickpeas, and return to the oven. Place the walnuts in a small pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

4. FINAL ROAST ADDITION When the roast has 6-8 minutes to go, scatter over the kale and return to the oven for the remaining roasting time. On completion, the chicken should be cooked through and the kale and chickpeas should be crispy.

5. ASSEMBLE THE SALAD Boil the kettle. Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a salad bowl with the reserved fresh kale. Set aside ½ of the rinsed apple for another meal. Cut the remaining ½ into thin wedges and add to the bowl. When the roast is ready, add in the crispy kale and ½ of the chickpeas. Toss together until combined.

6. EAT LIKE THE GODDESS YOU ARE Bowl up a portion of crunchy salad and scatter with the avo cubes. Top with the chicken and pour over the green goddess dressing to taste. Garnish with the remaining chickpeas, remaining parsley, and chopped walnuts. Gorgeous!



Chef's Tip

If you don't own a blender, mash the avo with a fork, then mix in the remaining dressing ingredients. When you add it to your salad, use as much or as little dressing as you like. You can keep any leftover in the fridge, tightly covered in cling wrap.

Nutritional Information

Per 100g

Energy	563kj
Energy	135Kcal
Protein	8.2g
Carbs	10g
of which sugars	2.5g
Fibre	3.9g
Fat	6.7g
of which saturated	1.3g
Sodium	61mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 3
Days