

UCCOOK

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!


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

15g	Almonds <i>roughly chopped</i>
50g	Corn
15ml	NOMU One For All Rub
87,5ml	Ranch Dressing <i>(60ml Low Fat Plain Yoghurt, 25ml Buttermilk & 2,5ml Wholegrain Mustard)</i>
150g	Free-range Chicken Mini Filletts
1	Avocado
40g	Green Leaves <i>rinsed & roughly shredded</i>
1	Tomato <i>roughly diced</i>
100g	Cucumber <i>cut into chunks</i>
40g	Danish-style Feta <i>drained</i>
4g	Fresh Chives <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, 3-4 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. 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 avocado and set aside one of the halves for another meal. Slice the avocado, 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