



WCOOK

Mustard-blistered Beans & Chicken

with goat's cheese & toasted walnuts

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	575kj	2705kj
Energy	138kcal	647kcal
Protein	11.5g	54.2g
Carbs	9g	44g
of which sugars	3.2g	15g
Fibre	2.7g	12.8g
Fat	8.1g	38g
of which saturated	1.5g	7g
Sodium	124mg	582mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Chickpeas <i>drain & rinse</i>
30g	40g	Walnuts
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU One For All Rub
300g	400g	Green Beans <i>rinse & trim</i>
2 units	2 units	UCOOK Honey Mustard Dressing
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
75g	100g	Chevin Goat's Cheese

From Your Kitchen

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

- 1. GOLDEN CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan, season, and set aside.
- 2. TOAST THE WALNUTS** Return the pan to medium heat. Toast the walnuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. FRY THE CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the NOMU rub. You may need to do this step in batches. Remove from the pan and season.
- 4. CHAR THE GREEN BEANS** While the chicken is resting, return the pan to medium-high heat with a drizzle of oil. Fry the green beans until blistered and tender, 5-6 [6-7] minutes (shifting occasionally). Remove from the pan, place in a bowl, and season. Add ½ the UCOOK honey mustard dressing and toss together.
- 5. PUT IT ALL TOGETHER** Create a bed of salad leaves. Sprinkle over the crispy chickpeas. Top with the mustard-blistered beans and the toasted walnuts. Crumble over the goat's cheese and drizzle over the remaining UCOOK honey mustard dressing. Side with the chicken. Looking good, Chef!