



UCOOK

Caprese-style Chicken Salad

with basil pesto, bulgur wheat & lemon juice

Perfectly pan-fried chicken breasts are slathered with melted mozzarella and sit atop a fluffy bulgur wheat base. The balsamic-marinated tomato and basil pesto drizzle brings the classic caprese flavour profile together beautifully. Bellissima!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Morgan Otten

 Simple & Save

 Alvi's Drift | Signature Viognier

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Ingredients & Prep

300ml	Bulgur Wheat <i>rinsed</i>
30ml	Balsamic Vinegar
45ml	Lemon Juice
2	Tomatoes <i>rinsed & roughly diced</i>
3	Free-range Chicken Breasts
90g	Grated Mozzarella Cheese
30ml	Pesto Princess Basil Pesto
60g	Green Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. BULGUR WHEAT Boil the kettle. Place the rinsed bulgur wheat in a pot with 600ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. MARINATE THE TOMATO In a bowl, combine the vinegar, a drizzle of olive oil, the lemon juice (to taste), a sweetener, and seasoning. Add the diced tomato and toss until coated. Set aside to marinate.

3. CHEESY CHICKEN 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, 2-4 minutes. You may need to do this step in batches. During the final minute, top the chicken with the grated cheese, and cover with the lid. Remove from the heat and set aside to rest for 5 minutes.

4. LOOSEN THE PESTO In a small bowl, combine the pesto with 10ml of olive oil and 5ml of hot water.

5. BRING IT TOGETHER In a salad bowl, combine the cooked bulgur, the shredded green leaves, the marinated tomatoes & the marinade. Season.

6. TANGY FEAST! Plate up a generous mound of the fluffy bulgur salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!

Nutritional Information

Per 100g

Energy	674kJ
Energy	161kcal
Protein	13.8g
Carbs	17g
of which sugars	1.4g
Fibre	3.2g
Fat	4.6g
of which saturated	1.7g
Sodium	195mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days