

WCOOK

Chicken Milanese & Ranch Dressing

with potato wedges, tomato salad & pine nuts

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	361kj	2364kj
Energy	86kcal	566kcal
Protein	6.3g	41.4g
Carbs	11g	74g
of which sugars	1.3g	8.4g
Fibre	1.4g	9.1g
Fat	1.7g	11.2g
of which saturated	0.6g	3.7g
Sodium	145mg	951mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
5g	10g	Pine Nuts
15ml	30ml	NOMU One For All Rub
90ml	180ml	Ranch Dressing <i>(60ml [120ml] Low Fat Plain Yoghurt, 25ml [50ml] Buttermilk & 5ml [10ml] Wholegrain Mustard)</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>
1	2	Crumbed Chicken Breast/s
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>cut in half & roughly dice ½ [1]</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

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

- 1. ROAST** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. TOAST** Place the pine nuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. RANCH DRESSING** Return the pan to medium heat with 10ml [20ml] of oil. Fry the NOMU rub until fragrant, 1-2 minutes. Remove from the pan and add to the ranch dressing. Mix in the chives and season. Loosen with a splash of water if it's too thick.
- 4. CRUMBED CHICKEN** Return the pan to medium heat with enough oil to cover the base. Fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving. Alternatively, air fry at 200°C until crispy and warmed through, 3-5 minutes.
- 5. SALAD** In a salad bowl, combine the green leaves, the tomatoes, the cucumber, a drizzle of olive oil, and seasoning.
- 6. TIME TO EAT** Plate up the potato wedges. Side with the crumbed chicken and the fresh salad. Drizzle over the ranch dressing and garnish with the pine nuts. Well done, Chef!