



# UCOOK

## Chicken, Tomato & Basil Panzanella

**with garlic sourdough croutons & olives**

Work less, Chef! This quick salad is low-effort, but looks absolutely stunning on a table. Tangy pickled red onions, crispy garlic-infused croutons, and succulent shredded chicken dance together on top of a loaded salad featuring baby tomatoes, olives, capers, and fresh herbs. Topped with ribbons of Italian-style hard cheese.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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 Quick & Easy

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 Stellenzicht | Thunderstone Rosé

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## Ingredients & Prep

|      |                                                                     |
|------|---------------------------------------------------------------------|
| 15ml | Red Wine Vinegar                                                    |
| 2    | Onions<br><i>1½ peeled &amp; finely sliced</i>                      |
| 1    | Lemon<br><i>rinsed &amp; cut into wedges</i>                        |
| 8g   | Fresh Thyme<br><i>rinsed &amp; picked</i>                           |
| 3    | Free-range Chicken<br>Breasts                                       |
| 2    | Sourdough Baguettes<br><i>torn into bite-sized chunks</i>           |
| 2    | Garlic Cloves<br><i>peeled &amp; grated</i>                         |
| 42g  | Mixed Herbs<br><i>(30g Fresh Basil &amp; 12g<br/>Fresh Parsley)</i> |
| 300g | Baby Tomatoes<br><i>rinsed &amp; halved</i>                         |
| 60g  | Pitted Green Olives<br><i>drained</i>                               |
| 30g  | Capers<br><i>drained &amp; roughly<br/>chopped</i>                  |
| 60g  | Salad Leaves<br><i>rinsed &amp; roughly shredded</i>                |
| 45g  | Italian-style Hard Cheese<br><i>peeled into ribbons</i>             |

## From Your Kitchen

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

**1. PICKLED ONION** In a small bowl, combine the red wine vinegar and a sweetener. Toss through the sliced onion and set aside to pickle.

**2. SHREDDED CHICKEN** In a small bowl, combine a generous squeeze of lemon juice and the picked thyme. 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 and crispy, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and the thyme lemon juice. Remove from the pan, reserving the pan juices, and rest for 5 minutes before shredding and seasoning. Toss the shredded chicken through the pan juices before serving.

**3. CRUNCHY CROUTONS** Toss the bread chunks in a drizzle of olive oil, the grated garlic, and seasoning. Return the pan to medium heat. When hot, toast the bread until crispy, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

**4. ALL TOGETHER NOW** Rinse and pick the mixed herbs. Finely slice the picked basil. In a bowl, combine ½ the baby tomatoes, ½ the mixed herbs, and the pickled onion with the pickling vinegar. Scrunch with your hands to make a rough pulp. Mix through ⅔ of the croutons, the drained olives, the chopped capers, the remaining tomatoes, the remaining herbs, the salad leaves, 90ml of olive oil, and seasoning.

**5. PACK THE PANZANELLA** Plate up the panzanella. Scatter over the remaining croutons and the cheese ribbons. Top with the shredded chicken and the remaining pan juices. Go and impress your guests, Chef!



## Chef's Tip

Air fryer method: Coat the bread chunks in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 428kJ   |
| Energy             | 102kcal |
| Protein            | 8.6g    |
| Carbs              | 12g     |
| of which sugars    | 2g      |
| Fibre              | 1.6g    |
| Fat                | 2.3g    |
| of which saturated | 0.7g    |
| Sodium             | 208mg   |

## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites

Cook  
within 3  
Days