

U COOK

Smoked Chicken & Hot Honey Salad

with charred pineapple & pecan nuts

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	598kJ	2709kJ
Energy	143kcal	648kcal
Protein	5.2g	23.5g
Carbs	11.3g	51.3g
of which sugars	7.7g	34.8g
Fibre	1.1g	5g
Fat	8.7g	39.3g
of which saturated	2.4g	10.7g
Sodium	338mg	1531mg

Allergens: Sulphites, Tree Nuts, Cow's Milk

Spice Level: Mild

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

30g	40g	Pecan Nuts <i>roughly chop</i>
120g	160g	Tinned Pineapple Pieces <i>drain & cut into small bite-sized pieces</i>
150ml	200ml	Sweet Vinegar <i>(60ml [80ml] Honey & 90ml [120ml] Apple Cider Vinegar)</i>
30ml	40ml	Banhoek Chilli Oil
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
225g	300g	Julienne Carrots
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
3	4	Smoked Chicken Breasts <i>cut into bite-sized pieces</i>
60g	80g	Danish-style Feta <i>drain</i>

1. TOAST Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHARRED PINEAPPLE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pineapple until lightly golden, 3-4 minutes (shifting occasionally). Remove from the pan. Return the pan to medium heat with the sweet vinegar and chilli oil (to taste). Simmer until slightly silky and bubbling, 4-5 minutes. Remove from the pan.

3. JUST BEFORE SERVING In a salad bowl, add the salad leaves, carrots, pineapple, baby tomatoes, a drizzle of olive oil, and the chicken. Toss to combine and season.

4. TIME TO EAT Bowl up the chicken salad, top with a crumble of the feta, drizzle over the sweet vinegar dressing, and sprinkle over the nuts. Cheers, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water