

Eat Within 3 Days

Villiera Chicken & Goat's Cheese Salad

with roasted beets & walnuts

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Villiera Wines

Wine Pairing: Villiera Wines | Villiera Jasmine White Blend

Nutritional Info	Per 100g	Per Portion
Energy	440kJ	3183kJ
Energy	105kcal	761kcal
Protein	6.8g	49.2g
Carbs	10g	75g
of which sugars	5.9g	43g
Fibre	2.1g	14.9g
Fat	3.8g	27.5g
of which saturated	0.9g	6.2g
Sodium	145mg	1049mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot *rinse, trim, peel (optional) & cut into bite-sized pieces*
15g	30g	Walnuts
150g	300g	Free-range Chicken Mini Fillets
10ml	20ml	NOMU Poultry Rub
60g	120g	Cannellini Beans *drain & rinse*
1	1	Apple *rinse, peel, core & cut ½ [1] into thin wedges*
40g	80g	Salad Leaves *rinse & finely shred*
30ml	60ml	Honey Mustard Dressing
15ml	30ml	Balsamic Reduction
25g	50g	Chevin Goat's Cheese

From Your Kitchen

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

1. BEGIN THE BEETROOT Preheat the oven to 200°C. Spread the beetroot 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, 15-20 minutes (shifting halfway).

2. FOR CRUNCH Place the walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED CHICKEN Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Pat the chicken dry with paper towel and coat with NOMU rub and seasoning. Fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan and cover to keep warm.

4. CRISPY BEANS Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the beans until crispy, 5-6 minutes (shifting occasionally). Remove from the pan and season.

5. JUST BEFORE SERVING Coat the apple and salad leaves with the honey mustard dressing.

6. TIME TO DINE Bowl up the dressed apple salad, top with the roasted beets, and the chicken. Scatter over the beans and drizzle with the balsamic reduction. Crumble over the goat's cheese and garnish with a sprinkle of the nuts. Cheers, Chef!

Chef's Tip Cooking in batches prevents overcrowding, helping food cook evenly and turn beautifully golden and crispy.