

# QCOOK

## Zingy Balsamic Salad & Chicken

with crispy chickpeas

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	381kj	1948kj
Energy	91kcal	466kcal
Protein	9g	46.1g
Carbs	5g	27g
of which sugars	2g	10g
Fibre	1g	7g
Fat	2.4g	12.2g
of which saturated	1g	4.9g
Sodium	250mg	1278mg

**Allergens:** Sulphites, Sesame, Cow's Milk, Allium

**Spice Level:** None



Eat Within 3 Days

## Ingredients & Prep Actions:

---

Serves 1	[Serves 2]	
30ml	60ml	Balsamic Vinegar
3g	5g	Fresh Oregano <i>rinse, pick &amp; finely chop</i>
100g	200g	Baby Tomatoes <i>rinse &amp; halve</i>
60g	120g	Chickpeas <i>drain &amp; rinse</i>
10ml	20ml	Old Stone Mill Everything Bagel Spice
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	NOMU Italian Rub
20g	40g	Salad Leaves <i>rinse</i>
100g	200g	Cucumber <i>rinse &amp; peel into ribbons</i>
20g	40g	Pickled Onions <i>drain &amp; thinly slice</i>
20g	40g	Danish-style Feta <i>drain</i>

## From Your Kitchen

---

Cooking Spray  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. BALSAMIC T&O** In a bowl, combine the balsamic vinegar, the oregano and the tomato and set aside to pickle. Drain right before serving.

**2. CRISPY CHICKPEAS** Place a pan over medium heat. When hot, toast the chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). In the final 1-2 minutes, add the Everything bagel spice. If the chickpeas start to pop out, use a lid to rein them in. Remove from the pan and set aside.

**3. NOMU-SPICED CHICKEN** Place a pan over medium heat. Pat the chicken dry with paper towel. Lightly coat with cooking spray or oil and toss with the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

**4. PLATE UP AND DIG IN** Grab your plate and make a bed of the salad leaves, top with the cucumber, the marinated tomatoes, the pickled onion, the chicken, the feta, and the crispy chickpeas. Get munching, Chef!