



UCOOK

Caprese-style Chicken Salad

with basil pesto, bulgur wheat & lemon

Perfectly pan-fried chicken strips are slathered with melted mozzarella and sit atop a fluffy bulgur wheat base. The balsamic-marinated tomato and basil pesto drizzle brings the classic caprese flavour profile together beautifully. Bellissima!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Otten

Simple & Save

Strandveld | First Sighting Rosé

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Ingredients & Prep

100ml	Bulgur Wheat
10ml	Balsamic Vinegar
15ml	Lemon Juice
1	Tomato <i>rinse & roughly dice</i>
150g	Free-range Chicken Mini Fillets
30g	Grated Mozzarella Cheese
10ml	Pesto Princess Basil Pesto
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. BULGUR WHEAT Boil the kettle. Place the rinsed bulgur wheat in a pot with 200ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

2. MARINATE THE TOMATO In a bowl, combine the vinegar, a drizzle of olive oil, the lemon juice (to taste), a sweetener (to taste), and seasoning. Add the diced tomato and toss until coated. Set aside to marinate.

3. CHEESY CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside. During the final minute, top the chicken with the grated cheese, and cover with the lid. Remove from the heat and set aside to rest for 5 minutes.

4. LOOSEN THE PESTO In a small bowl, combine the pesto with 5ml olive oil and 5ml of hot water.

5. BRING IT TOGETHER In a salad bowl, combine the cooked bulgur, the shredded green leaves, the marinated tomatoes & the marinade. Season.

6. TANGY FEAST! Plate up a generous mound of the zesty & fluffy bulgur salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!

Nutritional Information

Per 100g

Energy	642kJ
Energy	154kcal
Protein	12.4g
Carbs	18g
of which sugars	1.4g
Fibre	3.4g
Fat	4.1g
of which saturated	1.5g
Sodium	65mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
3 Days