



# UCOOK

## Cheesy Chicken & Potato Salad

with fresh parsley

On a bed of green leaves comes a salad of baby potatoes smothered in a creamy mayo mix, dotted with fresh parsley. This side sits next to a butterflied chicken breast, pan-fried until golden brown, basted with a BBQ sauce, and topped with oozy melted cheddar & mozzarella. It's the best of BBQ on a plate, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Jemell Willemborg

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 Simple & Save

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 Deetlefs Wine Estate | Deetlefs Stonecross  
Sauvignon Blanc

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## Ingredients & Prep

1	Free-range Chicken Breast
5ml	NOMU BBQ Rub
200g	Baby Potato <i>rinse &amp; halve</i>
20ml	BBQ Sauce
20g	Grated Cheddar & Mozzarella Cheese
45ml	Creamy Mayo <i>(20ml That Mayo (Original) &amp; 25ml Low Fat Plain Yoghurt)</i>
3g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Cling Wrap  
Paper Towel

**1. CHICKEN PREP** Pat the chicken dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the chicken, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open up the chicken so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin to create an even thickness. Coat in the NOMU rub, season, and set aside.

**2. POTATOES** Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and place in a bowl.

**3. BBQ CHICKEN** When the potato has 5-10 minutes remaining, place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the chicken until browned, 1-2 minutes per side. In the final 30-60 seconds, baste the chicken with the BBQ sauce. Sprinkle over the grated cheese, cover with the lid, and remove from the heat. Leave the lid on until the cheese is melted.

**4. POTATO SALAD** In a salad bowl, combine the creamy mayo,  $\frac{3}{4}$  of the chopped parsley, the cooked potatoes, and seasoning.

**5. DINNER IS READY** Make a bed of the shredded salad leaves and top with the creamy warm potato salad. Side with the BBQ cheddar chicken and garnish with the remaining parsley. Well done, Chef!

## Nutritional Information

Per 100g

Energy	537kJ
Energy	128kcal
Protein	10.1g
Carbs	11g
of which sugars	2.2g
Fibre	1.1g
Fat	4.4g
of which saturated	1.5g
Sodium	191mg

## Allergens

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

Cook  
within 3  
Days