



UCOOK

Green Goddess Chicken Salad

with a fragrant marinade, toasted walnuts & guacamole

Sweet dreams are made of greeens!
Marinated chicken mini fillets tossed with green beans, peas, and leaves and swirled in our green goddess dressing: coconut yoghurt, guacamole, lemon, and parsley. With walnuts, roast chickpeas, and fresh apple to finish with a crunch.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Sauvignon Blanc

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
5ml	NOMU Roast Rub
150g	Free-range Chicken Mini Fillets
10g	Walnut Pieces
25ml	Coconut Yoghurt
80g	Guacamole
5ml	Lemon Juice
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
50g	Peas
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
1	Apple <i>rinsed & halved</i>
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Blender (optional)
Milk (optional)

1. ROAST THE CHICKPEAS & MARINATE THE CHICKEN Preheat the oven to 180°C. Place the drained chickpeas on a roasting tray. Coat in oil, half of the Roast Rub, and some seasoning. Spread out in a single layer and roast in the hot oven for 15-20 minutes until crispy. Place the remaining Roast Rub in a bowl with a drizzle of oil and mix to combine. Rinse the chicken mini fillets to get rid of any residue from the packet and pat dry with paper towel. Add to the bowl of marinade, toss to coat, and set aside until frying.

2. TOASTED WALNUTS & DREAMY DRESSING Place the walnuts in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Place the yoghurt, guacamole, and lemon juice in a blender or food processor. Add three-quarters of the chopped parsley and blend until smooth. Gradually loosen with milk or water in 30ml increments until drizzling consistency. Season to taste and set aside.

3. BLANCHED GREENS Fill a pot with water, place over a high heat, and add a pinch of salt. Once boiling rapidly, blanch the peas and sliced green beans for 2-3 minutes until cooked al dente. Drain on completion and run under cold water to stop the cooking process. Set aside in a salad bowl.

4. GOLDEN CHICKEN Return the pan to a medium heat with a drizzle of oil. When hot, pop in the mini fillets along with the marinade from the bowl. Fry for 2-3 minutes per side until cooked through. Remove from the heat on completion and set aside to rest in the pan for 3 minutes.

5. CUT THE APPLE & ASSEMBLE THE SALAD Set aside one half of the rinsed apple for another meal. Cut the remaining half into thin wedges and add to the bowl of green beans and peas. Toss together with the rinsed salad leaves and half of the crispy chickpeas. Pour over the green goddess dressing to taste and toss to coat.

6. EAT UP! Pile up some gloriously green salad and scatter over the remaining chickpeas. Lay over the golden chicken and garnish with the chopped, toasted walnuts and the remaining parsley. Feel like adding more goddess dressing? Do it!



Chef's Tip

If you don't own a food processor or blender, simply mix the green goddess dressing in a bowl using a whisk. Use as much as you like – the remainder can last in the fridge for 2-3 days!

Nutritional Information

Per 100g

Energy	520kj
Energy	124Kcal
Protein	8.9g
Carbs	9g
of which sugars	2.8g
Fibre	3.2g
Fat	5.1g
of which saturated	1.1g
Sodium	51mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days