



UCOOK

Gourmet Chicken Sandwich

with caramelised walnuts, gherkins & grated cheese

Enjoy this easy weeknight chicken sandwich with pesto-mayo, gherkins, tomato and melted cheese. Served with a caramelised pecan and green leaf salad. Easy night...

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Megan Bure

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

4	Free-range Chicken Breasts
40g	Walnuts
8	Schoon Mini Ciabattini <i>defrosted</i>
120g	Grated Cheddar & Mozzarella Cheese Mix
160ml	That Mayo (Original)
40ml	Pesto Princess Coriander & Chilli Pesto
80g	Green Leaves <i> rinsed</i>
100g	Gherkins <i>drained & thinly sliced lengthways</i>
2	Plum Tomatoes <i>thinly sliced</i>

From Your Kitchen

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

1. SOME PREP Preheat the oven to the grill setting or the highest temperature. Pat the chicken dry with paper towel and place flat-side down on a cutting board. Place the palm of your non-cutting hand on top of the breast. Using a sharp knife, cut through it horizontally to make two thin breast pieces. Lay the pieces side-by-side and cover with cling wrap. Using a mallet, empty jar, or rolling pin, tenderise them by gently pounding until halved in thickness. Season and set aside.

2. TOASTY NUTS Place the chopped walnuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. In the final 1-2 minutes, add 20ml of a sweetener of choice and toast until caramelised. Remove from the pan.

3. CHARRED CHICKEN Place a pan or griddle pan over a medium heat with a drizzle of oil. When hot, fry the chicken for 2-3 minutes per side until charred and cooked through. You may need to do this step in batches.

4. CHEESY BUNS Slice the buns in half horizontally and butter the cut sides. Return the pan to a medium-high heat. When hot, add the halved buns, buttered side down, and fry until warmed through and golden. Remove from the pan and place the bottom halves of the buns on a roasting tray. Sprinkle over the grated cheese and grill in the hot oven for 3-4 minutes until the cheese is melted and golden. In a bowl, combine the mayo with the pesto and some seasoning.

5. ALL TOGETHER In a salad bowl, add ½ the green leaves, the caramelised nuts, a drizzle of olive oil, and some seasoning. Toss until fully combined.

6. DEVOUR MOMENT Time to assemble! Place the remaining green leaves on the cheesy bottom halves, top with the spiced chicken, the sliced gherkins, and the sliced tomatoes. Smear the top half of the bun with the pesto-mayo and close up! Serve the salad on the side with any remaining toppings. Well done Chef!

Nutritional Information

Per 100g

Energy	762kJ
Energy	182Kcal
Protein	11g
Carbs	16g
of which sugars	2g
Fibre	1.4g
Fat	8.1g
of which saturated	2.2g
Sodium	204.9mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days