

WCOOK

Italian Chicken & Mozzarella Salad

with basil pesto & couscous

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Villiera Wines | Villiera Jasmine White Blend

Nutritional Info

	Per 100g	Per Portion
Energy	716kJ	3236kJ
Energy	171kcal	774kcal
Protein	12.5g	56.4g
Carbs	14g	64g
of which sugars	2.3g	10.6g
Fibre	1.8g	7.9g
Fat	6.3g	28.7g
of which saturated	1.8g	8.1g
Sodium	101mg	457mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Couscous
15ml	30ml	Balsamic Vinegar
1	1	Tomato <i>rinse & roughly dice</i>
150g	300g	Free-range Chicken Mini Fillets
30g	60g	Grated Mozzarella Cheese
40ml	80ml	Pesto Princess Basil Pesto
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

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

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

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

5. BRING IT TOGETHER In a salad bowl, combine the couscous, the salad leaves, the tomato and the marinade, and seasoning.

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

Chef's Tip To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.