



UCCOOK

Green Goddess Chicken

with shredded cabbage & walnuts

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	432kJ	3561kJ
Energy	103kcal	852kcal
Protein	5.9g	48.4g
Carbs	8g	64g
of which sugars	3.9g	32.4g
Fibre	3g	24.9g
Fat	6.3g	51.7g
of which saturated	1g	8g
Sodium	251mg	2074mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	Greek Seasoning
3	4	Apples <i>rinse & cut into bite-sized pieces</i>
45g	60g	Walnuts <i>roughly chop</i>
3	4	Avocados
150ml	200ml	Low Fat Plain Yoghurt
45ml	60ml	Raspberry Vinegar
45ml	60ml	Chaloner Raspberry Vinegar
300g	400g	Cabbage <i>rinse & thinly slice</i>
120g	160g	Green Leaves <i>rinse</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Milk (optional)
Blender

1. MARINATION STATION In a bowl, combine the chicken mini fillets, the Greek seasoning, and a drizzle of oil. Set aside to marinate. Place the apple pieces into a bowl of water.

2. A PUNCH OF CRUNCH Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GO GO GREEN GODDESS Halve the avocados and scoop out the flesh. Place ½ of the flesh in a blender. Add the yoghurt and pulse until smooth. Gradually loosen with milk (optional) or water in 30ml increments until drizzling consistency. Add ½ the vinegar (to taste) and season. Set aside. Dice the remaining avocado and toss in the remaining vinegar.

4. GOLDEN CHICKEN Return the pan to medium heat with a drizzle of oil. Fry the chicken until cooked through, 2-3 minutes per side. Remove from the heat and rest in the pan for 3 minutes.

5. ASSEMBLE! Drain the water from the apple pieces and toss through the cabbage, green leaves, sun-dried tomatoes, and ½ the green goddess dressing (to taste).

6. FEAST LIKE THE GODS Bowl up the salad and scatter over the diced avo and the chicken. Drizzle over the remaining dressing (to taste). Garnish with the toasted walnuts. Gorgeous, Chef!