



UCOOK

Crunchy Pistachio Chicken

with bulgur wheat, tomatoes & goat's cheese

This pistachio-crusted chicken is super crisp and juicy with a nutty and crunchy breading. Served with a loaded bulgur salad bejewelled with tart tomatoes and sweet dried apricots & cranberries. Garnished with fresh parsley and a crumbling of rich goat's cheese. Heaven!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

 Neil Ellis Wines | Neil Ellis Wild Flower Rosé 2023

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Ingredients & Prep

75ml	Bulgar Wheat
25g	Dried Fruit <i>(15g Dried Apricots & 10g Dried Cranberries)</i>
60ml	Panko Breadcrumbs
10ml	Crispy Onion Bits
20g	Pistachio Nuts <i>finely chop</i>
150g	Free-range Chicken Mini Fillets
15ml	Red Wine Vinegar
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
1	Tomato <i>rinse & cut into bite-sized pieces</i>
50g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Sugar/Sweetener/Honey
Paper Towel

1. BULGUR KING Boil the kettle. Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside. Roughly chop the dried fruit and set aside.

2. FEELING CRUMB-EY Whisk 1 egg in a shallow dish with a splash of water. In a separate shallow dish, combine the breadcrumbs, the crispy onion bits, the chopped pistachios, and seasoning. Pat the chicken dry with paper towel. Coat in the egg first and then in the crumb mixture.

3. CRISPY CHICKS Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the crumbed chicken until golden and cooked through, 2-3 minutes per side. Drain on paper towel and season.

4. LOADED SALAD To the bowl with the cooked bulgur, add the vinegar, ½ the chopped parsley, the chopped tomatoes, the chopped dried fruit, a drizzle of olive oil, a sweetener (to taste), and seasoning. Toss until combined.

5. DIG IN! Plate up the bejewelled bulgur salad. Crumble over the goat's cheese and top with the pistachio chicken. Garnish with the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	855kj
Energy	205kcal
Protein	14.5g
Carbs	24g
of which sugars	4.2g
Fibre	3.8g
Fat	6.5g
of which saturated	2.5g
Sodium	82mg

Allergens

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

Eat
Within
3 Days