



# UCOOK

## Caprese-style Chicken Salad

**with basil pesto, bulgur wheat & lemon**

Perfectly pan-fried chicken strips are slathered with melted mozzarella and sit atop a fluffy bulgur wheat base. The balsamic-marinated tomato and basil pesto drizzle brings the classic caprese flavour profile together beautifully. Bellissima!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Morgan Otten

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Simple & Save

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## Ingredients & Prep

400ml	Bulgur Wheat
40ml	Balsamic Vinegar
60ml	Lemon Juice
2	Tomatoes <i>rinse &amp; roughly dice</i>
600g	Free-range Chicken Mini Fillets
120g	Grated Mozzarella Cheese
40ml	Pesto Princess Basil Pesto
80g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. BULGUR WHEAT** Boil the kettle. Place the rinsed bulgur wheat in a pot with 800ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

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

**3. CHEESY CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside. During the final minute, top the chicken with the grated cheese, and cover with the lid. Remove from the heat and set aside to rest for 5 minutes.

**4. LOOSEN THE PESTO** In a small bowl, combine the pesto with 10ml of olive oil and 10ml of hot water.

**5. BRING IT TOGETHER** In a salad bowl, combine the cooked bulgur, the shredded green leaves, the marinated tomatoes & the marinade. Season.

**6. TANGY FEAST!** Plate up a generous mound of the zesty & fluffy bulgur salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Side with a lemon wedge. Divine!

## Nutritional Information

Per 100g

Energy	642kJ
Energy	154kcal
Protein	12.4g
Carbs	18g
of which sugars	1.4g
Fibre	3.4g
Fat	4.1g
of which saturated	1.5g
Sodium	65mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
3 Days