

UCCOOK

Grilled Chicken & Spicy Corn Salad

with charred green beans, carrots & a zesty lime dressing

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	407kJ	2293kJ
Energy	97kcal	549kcal
Protein	8.5g	47.9g
Carbs	7g	41g
of which sugars	3.1g	17.5g
Fibre	1.7g	9.4g
Fat	3.8g	21.2g
of which saturated	1.9g	10.6g
Sodium	148mg	834mg

Allergens: Sulphites, Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
100g	200g	Green Beans <i>rinse, trim & cut in half</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
1	2	Free-range Chicken Breast/s
7,5ml	15ml	NOMU Roast Rub
40ml	80ml	Sour Cream
10ml	20ml	Lime Juice
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>
30g	60g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter

1. BEGIN WITH CARROTS Place a pan (with a lid) on medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the corn and the carrots until starting to brown and soften, 5-8 minutes. Remove from the pan and set aside.

2. CHILLI BEANS Return the pan to medium-high heat with a drizzle of oil. Fry the green beans until lightly charred, 4-5 minutes (shifting occasionally). In the final minute, add the chilli (to taste). Remove from the pan and set aside.

3. GOLDEN CHICKEN Return the pan, wiped down, to medium heat with a drizzle of oil. Pat the chicken dry with a paper towel. Fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter (optional) and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. FOR ZING AND FRESHNESS To a bowl, add the sour cream, the lime juice (to taste), seasoning, and water in 5ml increments until drizzling consistency. To a separate bowl, add the salad leaves, the peppers, the charred carrots and corn, and a drizzle of olive oil, and seasoning.

5. OM NOM NOM Plate up the loaded corn salad and side with sliced chicken, and green beans. Crumble over the feta, drizzle over the sour cream and garnish with the coriander.