



# UCCOOK

## Creamy Chicken Salad

with green leaves, walnuts & guacamole

A lovely summer salad loaded with nutty couscous, crispy chickpeas, tart apple slices, toasted walnuts, & fresh greens. All brought together with a creamy guacamole & yoghurt dressing!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 **\*NEW Simple & Save**

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 **Stellenzicht | Thunderstone Rosé**

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## Ingredients & Prep

|      |   |
|------|---|
| 60g  | Chickpeas<br><i>drained &amp; rinsed</i>            |
| 75ml | Whole Wheat Couscous                                |
| 10g  | Walnuts<br><i>roughly chopped</i>                   |
| 40g  | Guacamole   |
| 25ml | Low Fat Plain Yoghurt                               |
| 1    | Lemon<br><i>zested &amp; cut into wedges</i>        |
| 1    | Apple   |
| 150g | Free-range Chicken Mini Fillets                     |
| 5ml  | NOMU Roast Rub                                      |
| 20g  | Green Leaves<br><i>rinsed &amp; gently shredded</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. CRISPY CHICKPEAS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the drained chickpeas for 8-10 minutes until crispy and caramel in colour. For the best results, only shift occasionally. If they start to pop out, use a lid to rein them in!

**2. THINGS ARE GETTING STEAMY** Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

**3. WHERE'S THE WALNUTS?** Place the chopped walnuts in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside.

**4. DRESSED FOR DINNER** In a bowl, combine the guacamole, the yoghurt, the lemon zest (to taste), and seasoning. Loosen with water in 10ml increments until drizzling consistency. Set aside. Thinly slice ½ the apple and squeeze over some lemon juice. Set aside.

**5. RUB-A-DUB-DUB** Return the pan to a medium-high heat with a drizzle of oil. Pat the chicken mini fillets dry with paper towel. When the pan is hot, fry the chicken for 1-2 minutes per side until golden and cooked through. In the final minute, baste with a knob of butter and the rub. Remove from the heat and rest for 3 minutes. Cut into bite-sized chunks.

**6. NOW ALL TOGETHER** In a bowl, combine the cooked couscous, the crispy chickpeas, the apple slices, ½ the toasted walnuts, ½ the chicken chunks, seasoning, and a drizzle of olive oil.

**7. SCRUMPTIOUS SALAD** Make a bed of the shredded green leaves. Top with the couscous salad and the remaining chicken and walnuts. Drizzle over the creamy dressing (to taste). Finish off with a squeeze of lemon juice. Yummy, yum!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 569kJ   |
| Energy             | 136kcal |
| Protein            | 9.7g    |
| Carbs              | 15g     |
| of which sugars    | 3.8g    |
| Fibre              | 3g      |
| Fat                | 3.8g    |
| of which saturated | 0.7g    |
| Sodium             | 63mg    |

## Allergens

Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook  
within 3  
Days