



# UCCOOK

## Chicken BLT Salad

with gherkins & cannellini beans

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Nitída | Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 647kJ    | 3531kJ      |
| Energy             | 153kcal  | 844kcal     |
| Protein            | 10.1g    | 55.8g       |
| Carbs              | 5g       | 30g         |
| of which sugars    | 1.3g     | 7g          |
| Fibre              | 1.5g     | 8g          |
| Fat                | 10.2g    | 56g         |
| of which saturated | 2.7g     | 15.1g       |
| Sodium             | 268mg    | 1464mg      |

**Allergens:** Sulphites, Egg, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1 [Serves 2]

|          |          |  |
|----------|----------|--|
| 1        | 2        | Tomato/es<br><i>rinse &amp; cut into bite-sized pieces</i>                           |
| 150g     | 300g     | Free-range Chicken Mini Fillets  |
| 20g      | 40g      | Gherkins<br><i>drain &amp; roughly chop</i>  |
| 60ml     | 120ml    | Creamy Dressing<br><i>(30ml [60ml] Hellmann's Mayo &amp; 30ml [60ml] Sour Cream)</i> |
| 5ml      | 10ml     | NOMU One For All Rub   |
| 120g     | 240g     | Cannellini Beans<br><i>drain &amp; rinse</i>   |
| 40g      | 80g      | Green Leaves<br><i>rinse &amp; roughly shred</i>                                     |
| 2 strips | 4 strips | Streaky Pork Bacon   |

## From Your Kitchen

Oil (cooking, olive or coconut)

Paper Towel

Butter

Seasoning (salt & pepper)

Water

**1. BACON** Place a pan over medium-high heat (with a lid) with a drizzle of oil. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

**2. CHICKEN** Return the pan, wiped clean if necessary to 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. During the final 30-60 seconds, baste the chicken with a knob of butter and the NOMU rub. Remove from the pan, season, and set aside.

**3. JUST BEFORE SERVING** In a salad bowl, combine the tomato, the green leaves, the beans, the gherkins, a drizzle of olive oil, and seasoning. In a small bowl, loosen the creamy dressing with a splash of water until drizzling consistency.

**4. DINNER IS READY** Bowl up the salad, top with the chicken, drizzle over the creamy dressing, and scatter over the bacon. Tuck in, Chef!