

UCCOOK

Butterflied Chicken & Beetroot Salad

with green beans & peas

Butterflied chicken breast is fried until golden in an elevated butter-sage & pecan nut sauce. Served with a bed of ruby-red beetroot sprinkled with creamy feta & lemon zest. A fresh salad with green beans & pops of peas perfectly balances the rich & salty elements of this dish. Service, please!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
15g	Pecan Nuts <i>roughly chopped</i>
1	Free-range Chicken Breast
80g	Green Beans <i>rinsed, trimmed & halved</i>
50g	Peas
1	Lemon <i>½ zested & cut into wedges</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
4g	Fresh Sage <i>rinsed, picked & dried</i>
30g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. ROOTING FOR YOU! Place the beetroot pieces in a pot of salted water. Once boiling, cook for 15-20 minutes until soft. Drain and cover to keep warm.

2. YES PE-CAN! Place the chopped pecans in a pan, with a lid, over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside.

3. FLY CHICKEN Pat the chicken breast dry with paper towel. Place on a chopping board. Use a knife to slice into one side of the breast, starting at the thicker end and ending at the thin point (be careful not to cut all the way through.) Open it out so that it resembles a butterfly.

4. GREEN MACHINE Return the pan to a medium-high heat with a splash of water. When bubbling, add the halved green beans. Cover with the lid and simmer for 3-4 minutes until softened. In the final minute, add the peas. Drain, place in a bowl, and add a squeeze of lemon juice and seasoning. Just before serving, add the shredded green leaves and a drizzle of olive oil. Toss until combined.

5. TASTY CHICKY Return the pan to a medium-high heat with a drizzle of oil. When hot, add the butterflied chicken and fry for 3-4 minutes per side. In the final minute, add 20g of butter, the dried sage leaves, and ½ the toasted pecan nuts.

6. TIME TO DINE Plate up the boiled beetroot. Crumble over the drained feta and sprinkle over the lemon zest. Side with the green bean salad and the chicken drizzled with the sage butter. Scatter over the remaining nuts. Serve with a lemon wedge. Yummy!

Nutritional Information

Per 100g

Energy	406kJ
Energy	97kcal
Protein	8.8g
Carbs	6g
of which sugars	1.7g
Fibre	2.8g
Fat	4.3g
of which saturated	1.4g
Sodium	104mg

Allergens

Dairy, Tree Nuts

Cook
within 2
Days