



# QCOOK

## Pineapple & Basil Summer Chicken Salad

with almonds & goat's cheese

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	382kj	1814kj
Energy	91kcal	434kcal
Protein	9.3g	44g
Carbs	6.1g	29.1g
of which sugars	4.4g	20.8g
Fibre	0.9g	4.4g
Fat	3.3g	15.8g
of which saturated	1.1g	5.2g
Sodium	100mg	475mg

**Allergens:** Sulphites, Tree Nuts, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
30g	40g	Almonds
450g	600g	Free-range Chicken Mini Fillets
15ml	20ml	NOMU Roast Rub
300g	400g	Pineapple Fingers <i>cut into bite-sized pieces</i>
120g	160g	Salad Leaves <i>rinse &amp; roughly shred</i>
300g	400g	Cucumber <i>rinse &amp; peel into ribbons</i>
15g	20g	Fresh Basil <i>rinse &amp; pick</i>
90ml	120ml	Raspberry Vinaigrette <i>(15ml [20ml] Wholegrain Mustard, 60ml [80ml] Raspberry Vinegar &amp; 15ml [20ml] Honey)</i>
75g	100g	Chevin Goat's Cheese
30ml	40ml	Lemon Juice

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray

**1. TOAST** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CHICKEN** Return the pan to medium heat with a bit of cooking spray. Pat the chicken dry with paper towel and coat with the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches.

**3. JUST BEFORE SERVING** In a salad bowl, combine the pineapple, the salad leaves, the cucumber, the basil and the raspberry vinaigrette. Toss to combine and season.

**4. TIME TO EAT** Dish up the loaded salad, top with the chicken strips, crumble over the goat's cheese, and scatter over the toasted almonds. Finish with some lemon juice (to taste). Enjoy, Chef!