

UCCOOK

Pineapple & Basil Summer Chicken Salad

with almonds & goat's cheese

Hands-on Time: 40 minutes

Overall Time: 45 minutes

***New 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	6g	29g
of which sugars	4g	21g
Fibre	1g	4g
Fat	3.3g	15.8g
of which saturated	1.1g	5.2g
Sodium	100.1mg	475.1mg

Allergens: Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

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 & roughly shred</i>
300g	400g	Cucumber <i>rinse & peel into ribbons</i>
15g	20g	Fresh Basil <i>rinse & pick</i>
90ml	120ml	Raspberry Vinaigrette <i>(15ml [20ml] Wholegrain Mustard, 60ml [80ml] Raspberry Vinegar & 15ml [20ml] Honey)</i>
75g	100g	Chevin Goat's Cheese
30ml	40ml	Lemon Juice

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

- 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!