

# UCCOOK

## Italian Chicken & Mozzarella Salad

with basil pesto & couscous

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Morgan Otten

**Wine Pairing:** Villiera Wines | Villiera Jasmine White Blend

### Nutritional Info

	Per 100g	Per Portion
Energy	716kJ	3236kJ
Energy	171kcal	774kcal
Protein	12.5g	56.4g
Carbs	14g	64g
of which sugars	2.3g	10.6g
Fibre	1.8g	7.9g
Fat	6.3g	28.7g
of which saturated	1.8g	8.1g
Sodium	101mg	457mg

**Allergens:** Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
300ml	400ml	Couscous
45ml	60ml	Balsamic Vinegar
2	2	Tomatoes <i>rinse &amp; roughly dice</i>
450g	600g	Free-range Chicken Mini Fillets
90g	120g	Grated Mozzarella Cheese
125ml	160ml	Pesto Princess Basil Pesto
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 300ml [400ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. MARINATE THE TOMATO** In a bowl, combine the vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Add the tomato and toss until coated. Set aside to marinate for serving.

**3. CHEESY CHICKEN** Pat the chicken dry with paper towel. Place a pan, with a lid, over medium-high heat with a drizzle of oil. Fry the strips until golden and cooked through, 1-2 minutes per side. During the final minute, top the chicken with the cheese, and cover with the lid. Remove from the heat and set aside to rest for 3 minutes.

**4. LOOSEN THE PESTO** In a small bowl, combine the pesto with 5ml olive oil and 5ml of warm water. Mix well to combine.

**5. BRING IT TOGETHER** In a salad bowl, combine the couscous, the salad leaves, the tomato and the marinade, and seasoning.

**6. TANGY FEAST!** Plate up a generous mound of the fluffy couscous salad. Top with the succulent cheese-covered chicken and drizzle over the loosened basil pesto. Divine!

**Chef's Tip** To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.