

# UCOOK

## Caprese Chicken Burger

**with roasted wedges, caramelised onions  
& bocconcini balls**

Everyone's favourite Italian appetizer has been burger-fied! Juicy grilled chicken topped with bocconcini balls, fresh tomatoes, a basil pesto-mayo smear, and balsamic caramelised onions brought into a roll for a super-duper-flavour-packed chicken burger!

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**Hands-On Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Easy Peasy

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 Haute Cabrière | Pierre Jourdan Tranquille

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## Ingredients & Prep

600g	Potato <i>rinsed &amp; cut into wedges</i>
2	Onions <i>1½ peeled &amp; finely sliced</i>
65ml	Balsamic Vinegar
85ml	That Mayo (Garlic)
45ml	Pesto Princess Basil Pesto
2	Plum Tomatoes <i>sliced into thin rounds</i>
3	Free-range Chicken Breasts
15ml	NOMU Italian Rub
3	Schoon Burger Buns <i>halved</i>
120g	Grated Mozzarella
60g	Green Leaves <i>rinsed</i>
9	Bocconcini Balls <i>halved</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel  
Butter (optional)  
Rolling Pin  
Cling Wrap

**1. WEDGES** Preheat the oven to 200°C. Place the potato wedges on a roasting tray, toss in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and they begin to crisp up, shifting halfway.

**2. ONIONS** Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 12-15 minutes, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) and ½ of the balsamic vinegar. Remove from the pan, and cover.

**3. PREP** Combine the garlic mayo and basil pesto in a bowl and season to taste. In a separate bowl, place the sliced tomato rounds and toss through the remaining balsamic vinegar. Leave to marinate.

**4. CHICKEN** Pat the chicken breasts dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through to the other side.) Open the breast so that it resembles a butterfly. Cover with cling film and pummel with a rolling pin to create an even thickness. Place a pan (that has a lid) over a medium heat with a drizzle of oil. When the pan is hot, fry the chicken on one side for 4-5 minutes until golden. Flip, pop on the lid, and fry for a further 4-5 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter (optional) and the Italian rub. Remove from the heat on completion and set aside to rest in the pan for 5 minutes before serving.

**5. BUNS** Butter the halved burger buns (optional) and place on a baking tray. Sprinkle the grated mozzarella over the bottom half of the buns. Place the bun halves in the oven cut-side up for 2 minutes until the cheese starts to melt and the bread is warmed through.

**6. INDULGE!** Place the rinsed green leaves and sliced tomatoes on the cheese-covered bun and top with the chicken breast. Layer with the caramelised onions and the halved bocconcini balls. Smear with basil pesto-mayo. Close up with the other half of the bun. Pile the roasted potato wedges on the side with any remaining pesto-mayo for dipping. Serve with any remaining fillings on the side. Scrumptious!

## Nutritional Information

Per 100g

Energy	651kJ
Energy	156Kcal
Protein	9.4g
Carbs	14g
of which sugars	2.2g
Fibre	1.7g
Fat	7g
of which saturated	3.2g
Sodium	132mg

## Allergens

Egg, Gluten, Dairy, Allium, Sesame,  
Wheat, Sulphites, Tree Nuts

Cook  
within 3  
Days