



UCOOK

Glorious Grilled Chicken Salad

with charred baby marrow, mixed nuts & Danish-style feta

Grilled chicken breast slices served on a bed of charred baby marrow, green leaves, and pearl barley. Sprinkled with feta cheese, dried cranberries, almond flakes and pecan nuts. Finished off with a squeeze of lemon - simply stunning! Due to seasonality, we've had to sub the broccoli for baby marrow - but don't worry, there's no skimping on flavour!

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

♥ Health Nut

🍷 Robertson Winery | Cabernet Sauvignon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Pearled Barley
300g	Baby Marrow <i>cut into bite-sized chunks</i>
2	Lemons <i>1½ zested & cut into wedges</i>
60g	Mixed Pecans & Almonds <i>roughly chopped</i>
3	Free-range Chicken Breasts
15ml	NOMU Poultry Rub
60g	Salad Leaves <i>rinsed</i>
15ml	Pomegranate Dressing
120g	Danish-style Feta <i>drained</i>
30g	Dried Cranberries <i>roughly chopped</i>

From Your Kitchen

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

1. BOUNCY BARLEY Place the pearled barley in a pot with 1L of salted water. Bring to a boil. Once boiling, reduce the heat. Allow to simmer for 35-40 minutes, stirring occasionally as the water is absorbed and adding more only if required. On completion, the grain should be al dente. Drain if necessary and season to taste.

2. CHARRED MARROW Place the baby marrow chunks in a bowl, coat in oil, and season. Return the pan to a high heat. When hot, fry the baby marrow for 6-8 minutes until charred. In the final minute, add a squeeze of lemon juice. Return to the bowl on completion, cover to keep warm, and set aside.

3. NUTS ABOUT NUTS Place the mixed nuts in a pan, with a lid, over a medium heat and toast for 3-5 minutes until golden. Remove from the pan on completion.

4. SIZZLING CHICKEN Pat the chicken breasts dry with some paper towel. Return the pan to a medium heat with a drizzle of oil. When hot, fry the chicken on one side for 5-6 minutes until golden. Flip, pop on the lid, and fry for a further 5-6 minutes until cooked through. During the final 1-2 minutes, baste with a knob of butter and the poultry rub. Remove from the heat on completion and set aside to rest in the pan for 5 minutes before slicing and seasoning.

5. DRESSED LEAVES Toss the rinsed green leaves with the pomegranate molasses, some lemon zest, a drizzle of olive oil and some seasoning. Just before serving, toss the cooked barley with the charred baby marrow, a generous drizzle of olive oil, and seasoning.

6. ZINGY DINNER Make a bed of dressed leaves and top with the loaded barley and sliced chicken. Scatter over the feta, the toasted nuts and the dried cranberries. Squeeze over some lemon juice and serve with any remaining lemon wedges. Well done Chef!

Nutritional Information

Per 100g

Energy	678kJ
Energy	162Kcal
Protein	12.2g
Carbs	14g
of which sugars	2.1g
Fibre	3.6g
Fat	6.7g
of which saturated	2.1g
Sodium	154mg

Allergens

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

Cook
within 2
Days