



UCOOK

Delicious Chicken & Waldorf Salad

with green beans & a mustard-yoghurt dressing

This old school classic doesn't disappoint! Crunchy apple, celery, walnuts, and fresh grapes in a lemon, Dijon mustard, and coconut yoghurt dressing. Served with chicken and green beans.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Alex Levett

 Carb Conscious

 Strandveld | Pofadderbos Sauvignon Blanc

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Ingredients & Prep

450g	Green Beans <i>rinsed, trimmed & cut into thirds</i>
75ml	Coconut Yoghurt
2	Lemons <i>1½ zested & cut into wedges</i>
7.5ml	Dijon Mustard
3	Free-range Chicken Breasts
30ml	NOMU Provençal Rub
2	Apples <i>rinsed</i>
3	Celery Stalks <i>rinsed & finely sliced</i>
240g	Red Grapes <i>rinsed & halved</i>
30g	Walnuts <i>roughly chopped</i>
60g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. PLUMPED GREEN BEANS Boil the kettle. Submerge the sliced green beans in boiling water until plump and heated through, 2-4 minutes. Drain on completion.

2. LEMON MUSTARD DRESSING In a large salad bowl, add the coconut yoghurt, a squeeze of lemon juice (to taste) and the Dijon mustard. Mix until fully combined. Add water in 5ml increments until a creamy consistency. Season to taste.

3. SIZZLING CHICKEN Place a pan (that has a lid) over a medium heat with a drizzle of oil. Pat the chicken breast dry with paper towel. When the pan is hot, fry the chicken on one side until golden, 5-7 minutes. Flip, pop on the lid, and fry until cooked through, 5-7 minutes. During the final 1-2 minutes, baste with a knob of butter (optional) and the rub. Remove from the heat and set aside to rest in the pan for 5 minutes before slicing and seasoning.

4. APPLE & SALAD Cut 1½ of the rinsed apples into thin wedges. Add to the bowl with the lemon mustard dressing. Set aside the remaining ½ for another meal. Add the sliced celery (to taste), ½ the halved grapes, the plumped green beans and ½ the chopped walnuts. Toss until fully coated in the lemon mustard dressing.

5. DINNER IS SERVED! Make a bed of the rinsed green leaves. Top with the dressed Waldorf salad and the chicken slices. Garnish with the remaining grapes, a sprinkle of lemon zest and the remaining walnuts. Delicious, Chef!

Nutritional Information

Per 100g

Energy	345kJ
Energy	82kcal
Protein	6.7g
Carbs	9g
of which sugars	3.9g
Fibre	2.7g
Fat	2.1g
of which saturated	0.5g
Sodium	89mg

Allergens

Sulphites, Tree Nuts

Cook
within 2
Days