



# UCCOOK

## Ranch Chicken Salad

with spring onion & croutons

You know what they say, Chef... The more colourful the plate, the more lekker the lunch! A beautiful, vibrant combination of flavours are tossed together for a sensational salad. Tangy tomato, fresh greens, pops of sweet corn, crunchy croutons, smoky chicken breast, & cooling cucumber are coated in a creamy dressing.

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**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

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**Serves:** 2 People

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**Chef:** Jade Summers

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Lunch

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## Ingredients & Prep

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40g	Salad Leaves <i>rinse &amp; roughly shred</i>
1	Spring Onion <i>rinse, trim &amp; finely slice</i>
100g	Cucumber <i>rinse &amp; cut into half-moons</i>
1	Tomato <i>rinse &amp; roughly dice</i>
80g	Corn
60g	Croutons
2	Smoked Chicken Breasts <i>cut into bite-sized pieces</i>
100ml	Creamy Caesar Dressing

## From Your Kitchen

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Salt & Pepper  
Water

**1. WHAT A GREAT PLATE** In a bowl, combine the shredded leaves, ½ the sliced spring onion, the cucumber half-moons, the diced tomato, the corn, the croutons, the chicken pieces, and seasoning. Drizzle over the Caesar dressing. Scatter over the remaining spring onion. Enjoy!

## Nutritional Information

Per 100g

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Energy	541kJ
Energy	129kcal
Protein	5.6g
Carbs	11g
of which sugars	2g
Fibre	1.2g
Fat	6.6g
of which saturated	1.7g
Sodium	417mg

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## Allergens

Cow's Milk, Egg, Gluten, Allium,  
Wheat, Sulphites, Fish

Eat  
Within  
3 Days