



UCCOOK

Chicken, Tomato & Feta Salad

with a cottage cheese & chive dressing

Hands-on Time: 25 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	354kj	1959kj
Energy	85kcal	469kcal
Protein	7.4g	40.8g
Carbs	4g	22g
of which sugars	2g	10.9g
Fibre	1.2g	6.4g
Fat	3.9g	21.5g
of which saturated	1.5g	8.2g
Sodium	123mg	681mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Pumpkin Seeds
1	1	Onion <i>peel & finely slice ½ [1]</i>
150g	300g	Free-range Chicken Mince
5ml	10ml	Greek Seasoning
50ml	100ml	Low Fat Cottage Cheese
3g	5g	Fresh Chives <i>rinse & finely chop</i>
20g	40g	Danish-style Feta <i>drain</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
80g	160g	Baby Tomatoes <i>rinse & halve</i>
40g	80g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Cooking Spray

1. START THE SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. SILKY ONION Return the pan to medium heat. Add the onion and lightly coat with cooking spray. Fry until golden, 4-5 minutes (shifting occasionally).

3. MMMINCE Add the mince and Greek seasoning and lightly coat with cooking spray. Fry until golden and cooked through, working quickly to break it up as it starts to cook, 4-5 minutes (shifting occasionally). Remove from the heat.

4. CREAMY SAUCE & SALAD In a bowl, mix together the cottage cheese, chives and feta and mash with a fork. Set aside. In another bowl, combine the cucumber, tomatoes and salad leaves.

5. SUPERB! Bowl up the salad, top with the mince, and dollop over the herby feta mix. Garnish with the pumpkin seeds. Enjoy, Chef!