



# UCCOOK

## Chicken, Tomato & Feta Salad

with a cottage cheese & chive dressing

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**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 3	[Serves 4]	
30g	40g	Pumpkin Seeds
2	2	Onions <i>peel &amp; finely slice 1½ [2]</i>
450g	600g	Free-range Chicken Mince
15ml	20ml	Greek Seasoning
150ml	200ml	Low Fat Cottage Cheese
8g	10g	Fresh Chives <i>rinse &amp; finely chop</i>
60g	80g	Danish-style Feta <i>drain</i>
150g	200g	Cucumber <i>rinse &amp; roughly dice</i>
240g	320g	Baby Tomatoes <i>rinse &amp; halve</i>
120g	160g	Salad Leaves <i>rinse &amp; 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, 6-7 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!