

# UCCOOK

## Smoked Chicken & Bulgur Wheat

with sun-dried tomatoes

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 683kj    | 1941kj      |
| Energy             | 163kcal  | 464kcal     |
| Protein            | 8.7g     | 24.6g       |
| Carbs              | 19g      | 53g         |
| of which sugars    | 3.9g     | 11.2g       |
| Fibre              | 2.9g     | 8.2g        |
| Fat                | 8g       | 22.8g       |
| of which saturated | 2.4g     | 6.7g        |
| Sodium             | 487mg    | 1383mg      |

**Allergens:** Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                             |
|----------|------------|-------------------------------------------------------------|
| 150ml    | 200ml      | Bulgar Wheat                                                |
| 45ml     | 60ml       | Red Wine Vinegar                                            |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; roughly dice</i>                 |
| 3        | 4          | Smoked Chicken Breasts<br><i>cut into bite-sized pieces</i> |
| 90g      | 120g       | Sun-dried Tomatoes<br><i>roughly chop</i>                   |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>            |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

1. **BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. **ALL TOGETHER** In a salad bowl, add the vinegar with a generous drizzle of olive oil, and mix to emulsify. Add the bulgur, the cucumber, the chicken, the sun-dried tomatoes, the salad leaves and toss to combine.

3. **DINNER IS READY** Bowl up the loaded bulgur salad and dig in, Chef!

**Chef's Tip** Warm the chicken slightly before adding to the salad bowl, so the smokiness blooms without drying it out.