



UCCOOK

Mediterranean Toss-up

with chickpeas, kalamata olives & pickled onions

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Eunice Ngouapindi Mboumba

Nutritional Info	Per 100g	Per Portion
Energy	520kJ	1673kJ
Energy	124kcal	400kcal
Protein	6.8g	22g
Carbs	11g	37g
of which sugars	2.2g	7.1g
Fibre	3.3g	10.7g
Fat	5.9g	18.9g
of which saturated	2.3g	7.5g
Sodium	370mg	1191mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
125ml	160ml	Greek Yoghurt
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>
90g	120g	Artichoke Quarters <i>drain & roughly chop</i>
90g	120g	Pitted Kalamata Olives <i>drain & roughly chop</i>
360g	480g	Chickpeas <i>drain</i>
90g	120g	Pickled Onions <i>drain & slice</i>
90g	120g	Danish-style Feta <i>drain</i>
45ml	60ml	Greek Dressing
60g	80g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Water

Seasoning (salt & pepper)

1. HERBY YOGHURT In a small bowl, combine the yoghurt and ½ of the parsley. Add a crack of black pepper and set aside.

2. SUPER SALAD In another bowl, toss together the artichokes, olives, chickpeas, pickled onions, feta and seasoning. Drizzle over the Greek dressing and toss through the salad leaves. Dollop over the yoghurt and garnish with the remaining parsley. Just like that, lunch is ready, Chef!