



# UCCOOK

## Ranch Chicken Salad

with spring onion & croutons

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jade Summers

### Nutritional Info

	Per 100g	Per Portion
Energy	775kJ	2980kJ
Energy	185kcal	713kcal
Protein	6.2g	24g
Carbs	22g	86g
of which sugars	3.6g	13.8g
Fibre	2.7g	10.3g
Fat	8.8g	33.7g
of which saturated	0.5g	2g
Sodium	369mg	1419mg

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Fish

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
30ml	60ml	Caesar Dressing
1	2	Smoked Chicken Breast/s <i>cut into bite-sized pieces</i>
1	1	Tomato <i>rinse &amp; roughly dice</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>
1	1	Spring Onion <i>rinse, trim &amp; finely slice</i>
30g	60g	Croutons
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Salt & Pepper

Water

**1. WHAT A GREAT PLATE** In a bowl, combine the salad leaves, ½ the spring onion, the cucumber, the tomato, the croutons, the chicken, and seasoning. Drizzle over the Caesar dressing. Scatter over the remaining spring onion. Enjoy!