



UCCOOK

Ranch Chicken Salad

with spring onion & croutons

You know what they say, Chef... The more colourful the plate, the more lekker the lunch! A beautiful, vibrant combination of flavours are tossed together for a sensational salad. Tangy tomato, fresh greens, pops of sweet corn, crunchy croutons, smoky chicken breast, & cooling cucumber are coated in a creamy dressing.

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Serves: 1 Person

Chef: Jade Summers

Lunch

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Ingredients & Prep

20g	Salad Leaves <i>rinse & roughly shred</i>
1	Spring Onion <i>rinse, trim & finely slice</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
1	Tomato <i>rinse & roughly dice</i>
40g	Corn
30g	Croutons
1	Smoked Chicken Breast <i>cut into bite-sized pieces</i>
50ml	Creamy Caesar Dressing

From Your Kitchen

Salt & Pepper
Water

1. WHAT A GREAT PLATE In a bowl, combine the shredded leaves, ½ the sliced spring onion, the cucumber half-moons, the diced tomato, the corn, the croutons, the chicken pieces, and seasoning. Drizzle over the Caesar dressing. Scatter over the remaining spring onion. Enjoy!

Nutritional Information

Per 100g

Energy	541kJ
Energy	129kcal
Protein	5.6g
Carbs	11g
of which sugars	2g
Fibre	1.2g
Fat	6.6g
of which saturated	1.7g
Sodium	417mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Fish

Eat
Within
3 Days