



QCOOK

Greek Salad & Smoked Chicken

with kalamata olives & Danish-style feta

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 610kJ | 2268kJ |
| Energy | 146kcal | 542kcal |
| Protein | 6g | 22.3g |
| Carbs | 4g | 17g |
| of which sugars | 1.9g | 7.2g |
| Fibre | 0.7g | 2.5g |
| Fat | 11.3g | 42.2g |
| of which saturated | 3.3g | 12.3g |
| Sodium | 452mg | 1682mg |

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

| | | |
|------|-------|--|
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 150g | 200g | Cucumber <i>rinse & cut into half-moons</i> |
| 3 | 4 | Tomatoes <i>rinse & roughly dice</i> |
| 90ml | 120ml | Salad Dressing <i>(60ml [80ml] Olive Oil & 30ml [40ml] Lemon Juice)</i> |
| 3 | 4 | Smoked Chicken Breasts <i>cut into bite-sized pieces</i> |
| 60g | 80g | Pitted Kalamata Olives <i>drain</i> |
| 60g | 80g | Danish-style Feta <i>drain</i> |

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. **TOSS TOGETHER, TOP, & TASTE!** In a large bowl, toss together the salad leaves, the cucumber, the tomato, the salad dressing, and seasoning. Top with the chicken and the olives. Top with the feta. Lunch is ready, Chef!