

# QCOOK

## Crunchy Smoked Chicken Salad

with Danish-style feta & olives

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	755kj	2933kj
Energy	181kcal	702kcal
Protein	7.9g	30.6g
Carbs	18g	70g
of which sugars	2.7g	10.5g
Fibre	2.9g	11.1g
Fat	8.8g	34.2g
of which saturated	2.7g	10.3g
Sodium	482mg	1871mg

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
2	2	Tomatoes <i>rinse &amp; roughly dice 1½ [2]</i>
60g	80g	Pitted Kalamata Olives <i>drain &amp; roughly slice</i>
3	4	Smoked Chicken Breasts <i>roughly dice</i>
90ml	125ml	Honey Mustard Dressing
60g	80g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. BEGIN THE 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. ADD COLOUR & FLAVOUR** Dish up the bulgur at the base, top with the salad leaves, tomatoes, olives, chicken, and drizzle over the dressing. Finish by crumbling over the feta. Cheers, Chef!