



UCCOOK

Smoked Chicken Salad

with basil pesto

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	727kJ	2610kJ
Energy	174kcal	624kcal
Protein	8.2g	29.3g
Carbs	12g	43g
of which sugars	2.4g	8.5g
Fibre	2.1g	8.1g
Fat	9.7g	34.8g
of which saturated	3.1g	11.3g
Sodium	504.5mg	1811mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Couscous
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
60g	80g	Pitted Kalamata Olives <i>drain & roughly chop</i>
60g	80g	Danish-style Feta <i>drain</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
3	4	Smoked Chicken Breasts <i>cube</i>
60ml	80ml	Pesto Princess Basil Pesto

From Your Kitchen

Seasoning (salt & pepper)

Water

1. STEAMING COUSCOUS Boil the kettle. Place the couscous in a bowl with 150ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. COLOUR & FLAVOUR Add the tomato, the olives, the feta, the salad leaves, the chicken, and seasoning to the couscous. Dollop over the pesto. Enjoy!