

Eat Within 3 Days

Smoked Chicken & Bulgur Salad

with sun-dried tomatoes

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	683kJ	1941kJ
Energy	163kcal	464kcal
Protein	8.7g	24.6g
Carbs	19g	53g
of which sugars	3.9g	11.2g
Fibre	2.9g	8.2g
Fat	8g	22.8g
of which saturated	2.4g	6.7g
Sodium	487mg	1383mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Bulgur Wheat
45ml	60ml	Red Wine Vinegar
150g	200g	Cucumber *rinse & roughly dice*
375g	500g	Smoked Chicken Breasts *cut into bite-sized pieces*
90g	120g	Sun-dried Tomatoes *roughly chop*
60g	80g	Salad Leaves *rinse & roughly shred*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. 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. ALL TOGETHER In a salad bowl, add the vinegar with a generous drizzle of olive oil, and mix to emulsify. Add the bulgur, the cucumber, the chicken, the sun-dried tomatoes, the salad leaves and toss to combine.

3. DINNER IS READY Bowl up the loaded bulgur salad and dig in, Chef!

Chef's Tip Warm the chicken slightly before adding to the salad bowl, so the smokiness blooms without drying it out.