



UCCOOK

Greek-Style Smoked Chicken Salad

with feta & olives

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	722kJ	2569kJ
Energy	173kcal	614kcal
Protein	7.6g	27.2g
Carbs	14g	48g
of which sugars	3.2g	11.5g
Fibre	1g	3.6g
Fat	9.4g	33.5g
of which saturated	2.8g	10.1g
Sodium	510mg	1816mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Orzo Pasta
3	4	Smoked Chicken Breasts <i>roughly dice</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
45g	60g	Pitted Kalamata Olives <i>drain & roughly slice</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
90ml	125ml	Honey Mustard Dressing
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

- 1. ORZO** Submerge the orzo in a pot with salted water and bring to a boil. Cook the orzo until al dente, 8-12 minutes. Drain and toss through a drizzle of olive oil.
- 2. JUST BEFORE SERVING** In a salad bowl, combine the orzo, the chicken, the tomatoes, the olives, the salad leaves, and a generous drizzle of olive oil.
- 3. TIME TO EAT** Dish up the loaded chicken salad, drizzle over the dressing, and crumble over the feta. Cheers, Chef!