



# QCOOK

## Ranch Chicken Salad

with spring onion & croutons

**Hands-on Time:** 8 minutes

**Overall Time:** 8 minutes

**Lunch:** Serves 1 & 2

**Chef:** Jade Summers

### Nutritional Info

	Per 100g	Per Portion
Energy	532kj	2028kj
Energy	127kcal	485kcal
Protein	6g	23g
Carbs	10g	40g
of which sugars	1.9g	7.1g
Fibre	2.5g	10.8g
Fat	6.6g	25.3g
of which saturated	1.9g	7.1g
Sodium	447mg	1701mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
1	1	Spring Onion <i>rinse, trim &amp; finely slice</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>
1	1	Tomato <i>rinse &amp; roughly dice</i>
30g	60g	Croutons
1	2	Smoked Chicken Breast/s <i>cut into bite-sized pieces</i>
30ml	60ml	Caesar Dressing

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

**1. WHAT A GREAT PLATE** In a bowl, combine the salad leaves, ½ the spring onion, the cucumber, the tomato, the croutons, the chicken, and seasoning. Drizzle over the Caesar dressing. Scatter over the remaining spring onion. Enjoy!