UCOOK

Crunchy Smoked Chicken Salad

with Danish-style feta & olives

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Simple & Save: Serves 1 & 2

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

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
20g	40g	Salad Leaves *rinse & roughly shred*
1	1	Tomato *rinse & roughly dice ½ [1]*
20g	40g	Pitted Kalamata Olives *drain & roughly slice*
1	2	Smoked Chicken Breast/s *roughly dice*
30ml	60ml	Honey Mustard Dressing
20g	40g	Danish-style Feta *drain*

From Your Kitchen

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

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 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. Finsh by crumbling over the feta. Cheers, Chef!