



WCOOK

Balsamic, Chickpea & Feta Salad

with croutons & sun-dried tomatoes

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Suné van Zyl

Nutritional Info	Per 100g	Per Portion
Energy	647kJ	2589kJ
Energy	155kcal	619kcal
Protein	6.5g	26.2g
Carbs	19g	74g
of which sugars	6.2g	24.9g
Fibre	3.4g	13.6g
Fat	5.9g	23.7g
of which saturated	2.2g	8.7g
Sodium	201mg	802mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Chickpeas <i>drain & rinse</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
40g	80g	Danish-style Feta <i>drain & crumble</i>
30g	60g	Sun-dried Tomatoes
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
45ml	90ml	Salad Dressing <i>(20ml [40ml] Lemon Juice, 5ml [10ml] Dijon Mustard, 10ml [20ml] Balsamic Vinegar & 10ml [20ml] Honey)</i>
30g	60g	Croutons
10g	20g	Pumpkin Seeds

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. FRESH, TANGY & CREAMY In a bowl, toss together the chickpeas, the cucumber, the feta, the sun-dried tomatoes and the salad leaves.

2. DRESSED TO IMPRESS Drizzle over the salad dressing and season (to taste). Scatter over the croutons and the pumpkin seeds. Enjoy, Chef!