



U**COOK**

Creamy Corn, Chickpea & Feta Salad

with grapes, cucumber & fresh parsley

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	602kJ	2727kJ
Energy	144kcal	652kcal
Protein	4.9g	22.1g
Carbs	13g	60g
of which sugars	2.2g	10.1g
Fibre	2.6g	11.9g
Fat	7g	31.6g
of which saturated	2g	9g
Sodium	127.1mg	575.3mg

Allergens: Cow's Milk, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Corn
360g	480g	Chickpeas <i>drain & rinse</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
240g	320g	Grapes <i>rinse & halve</i>
180ml	250ml	Creamy Dressing <i>(90ml [125ml] Mayo & 90ml [125ml] Low Fat Plain Yoghurt)</i>
120g	160g	Danish-style Feta <i>drain</i>
8g	10g	Fresh Parsley <i>rinse & pick</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. LOADED CORN** Boil the kettle. In a bowl, submerge the corn in salted boiling water until plumped up, 3-4 minutes. Drain. Add the chickpeas, the green leaves, the cucumber, and the grapes to the bowl of corn. Toss together and season.
- 2. CREAMY DRESSING** In a small bowl, loosen the creamy dressing with water in 5ml increments until drizzling consistency. Drizzle the dressing over the salad. Crumble over the feta and garnish with the parsley.