

# UCCOOK

## Greek Chicken & Tzatziki

with hummus & a chunky fresh salad

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**\*New Calorie Conscious:** Serves 1 & 2

**Chef:** Megan Bure

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 350kj    | 2041kj      |
| Energy             | 84kcal   | 489kcal     |
| Protein            | 8.4g     | 49g         |
| Carbs              | 4g       | 24g         |
| of which sugars    | 2g       | 10g         |
| Fibre              | 2g       | 10g         |
| Fat                | 3.6g     | 21.1g       |
| of which saturated | 1.4g     | 7.9g        |
| Sodium             | 495.3mg  | 2885.6mg    |

**Allergens:** Cow's Milk, Allium, Sesame, Sulphites

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |   |
|----------|------------|---|
| 30g      | 60g        | Pitted Kalamata Olives<br><i>drain &amp; halve</i>        |
| 25g      | 50g        | Danish-style Feta<br><i>drain</i>                         |
| 40g      | 80g        | Green Leaves<br><i>rinse &amp; roughly shred</i>          |
| 100g     | 200g       | Cucumber<br><i>rinse &amp; cut into bite-sized pieces</i> |
| 1        | 2          | Tomato/es<br><i>rinse &amp; cut into thin wedges</i>      |
| 5ml      | 10ml       | Dried Oregano   |
| 30ml     | 60ml       | Red Wine Vinegar  |
| 3g       | 5g         | Fresh Dill<br><i>rinse, pick &amp; roughly chop</i>       |
| 150g     | 300g       | Free-range Chicken Mini Fillets                           |
| 5ml      | 10ml       | Greek Seasoning   |
| 40ml     | 80ml       | Tzatziki  |
| 50ml     | 100ml      | Hummus  |

## From Your Kitchen

Cooking Spray  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. DILL-ICIOUS!** Place the olives and feta into a salad bowl. Toss through the green leaves, the cucumber, the tomato, the vinegar, the oregano (to taste), ½ the dill and seasoning. Set aside.

**2. COOK THE CHICKEN** Place a pan over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel and cut into bite-sized pieces. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, and toss with the Greek seasoning, and set aside.

**3. ADD THE CREAMY TO MAKE IT DREAMY** Top your salad with the golden chicken. Dollop over the hummus and tzatziki. Garnish with the remaining dill.