

QCOOK

Crunchy Smoked Chicken Salad

with Danish-style feta & olives

Hands-on Time: 20 minutes

Overall Time: 30 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

Eat Within 4 Days

Ingredients & Prep Actions:

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

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. Finish by crumbling over the feta. Cheers, Chef!