



UCCOOK

Ranch Chicken Salad

with spring onion & croutons

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	775kJ	2980kJ
Energy	185kcal	713kcal
Protein	6.2g	24g
Carbs	22g	86g
of which sugars	3.6g	13.8g
Fibre	2.7g	10.3g
Fat	8.8g	33.7g
of which saturated	0.5g	2g
Sodium	369mg	1419mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Caesar Dressing
1	2	Smoked Chicken Breast/s <i>cut into bite-sized pieces</i>
30g	60g	Croutons
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
1	1	Tomato <i>rinse & roughly dice</i>

From Your Kitchen

Salt & Pepper

Water

1. WHAT A GREAT PLATE In a bowl, combine the salad leaves, ½ the spring onion, the cucumber, the tomato, the croutons, the chicken, and seasoning. Drizzle over the Caesar dressing. Scatter over the remaining spring onion. Enjoy!