



QCOOK

Caesar-style Chicken Bowl

with crisps & fresh tomato

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	815kJ	2874kJ
Energy	195kcal	687kcal
Protein	7.2g	25.3g
Carbs	12g	42g
of which sugars	6.7g	23.6g
Fibre	1.8g	6.2g
Fat	13.2g	46.4g
of which saturated	3.5g	12.5g
Sodium	454mg	1601mg

Allergens: Cow's Milk, Egg, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Smoked Chicken Breast/s
1 unit	2 units	Rosemary & Rocksalt Potato Crisps
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
1	1	Tomato <i>rinse & roughly chop</i>
30ml	60ml	Mayo
15ml	30ml	Grated Italian-style Hard Cheese

From Your Kitchen

Seasoning (salt & pepper)

Water

1. START THE SALAD Roughly chop the smoked chicken. Lightly crush ½ the crisps, keeping the rest for a snack later.

2. FINISH THE SALAD Place the salad leaves into a bigger serving bowl and toss with the tomato, the chicken, the mayo, and the grated hard cheese. Crumble in the crisps for crunch and season. Easy as that, Chef!