



# uCOOK

## Honey-mustard Chicken Salad

with croutons & cucumber

**Hands-on Time:** 5 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 1 & 2

**Chef:** Hellen Mwanza

Nutritional Info	Per 100g	Per Portion
Energy	609kJ	2251kJ
Energy	146kcal	538kcal
Protein	6.1g	22.6g
Carbs	12g	43g
of which sugars	3.1g	11.6g
Fibre	1.2g	4.1g
Fat	8.1g	30.1g
of which saturated	1.9g	7.1g
Sodium	474.7mg	1754.8mg

**Allergens:** Sulphites, Gluten, Wheat, Allium

**Spice Level:** None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40ml	80ml	Honey Mustard Dressing
30g	60g	Croutons
1	1	Tomato <i>rinse &amp; cut into thin wedges</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
1	2	Smoked Chicken Breast/s <i>slice</i>

From Your Kitchen

Salt & Pepper  
Water

1. **ASSEMBLE THE SALAD** Bowl up the salad leaves, chicken, cucumber, tomato, and the croutons. Drizzle over the honey mustard dressing. Enjoy, Chef!