



Ranch Chicken Salad

with spring onion & croutons

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	532kJ 127kcal	2028kJ 485kcal
Protein	6g	23g
Carbs	10g	40g
of which sugars	1.9g	7.1g
Fibre	2.5g	10.8g
Fat	6.6g	25.3g
of which saturated	1.9g	7.1g
Sodium	447mg	1701mg

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

Spice Level: None



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
90g	120g	Croutons
3	4	Smoked Chicken Breasts <i>cut into bite-sized pieces</i>
90ml	125ml	Caesar Dressing

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. WHAT A GREAT PLATE In a bowl, combine the salad leaves, $\frac{1}{2}$ 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!