



QCOOK

Caesar-style Smoked Chicken Salad

with charred baby tomatoes & cashew nuts

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 584kJ | 2546kJ |
| Energy | 140kcal | 609kcal |
| Protein | 6.3g | 27.3g |
| Carbs | 10g | 42g |
| of which sugars | 1.4g | 6g |
| Fibre | 1.1g | 5g |
| Fat | 8.2g | 35.8g |
| of which saturated | 2.2g | 9.5g |
| Sodium | 433mg | 1885mg |

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|---|
| Serves 3 | [Serves 4] | |
| 30g | 40g | Cashew Nuts <i>roughly chop</i> |
| 240g | 320g | Baby Tomatoes <i>rinse & cut in half</i> |
| 3 | 4 | Smoked Chicken Breasts <i>cut into bite-sized pieces</i> |
| 120g | 160g | Green Leaves <i>rinse & roughly shred</i> |
| 300g | 400g | Cucumber <i>rinse & cut into half-moons</i> |
| 90g | 120g | Croutons |
| 150ml | 200ml | Caesar Dressing |
| 45ml | 60ml | Grated Italian-style Hard Cheese |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

1. TOASTED NUTS Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHARRED TOMS & CHICKEN Return the pan to medium heat with a drizzle of oil. Fry the tomatoes until lightly charred, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, mix in the chicken and remove from the heat.

3. JUST BEFORE SERVING In a salad bowl, combine the tomato mixture, green leaves, cucumber, croutons, and a drizzle of olive oil.

4. TIME TO DINE Bowl up the salad, drizzle over the Caesar dressing, and sprinkle over the cheese. Garnish with a scattering of the nuts and cheers, Chef!