



UCOOK

Honey-mustard Chicken Salad

with croutons & cucumber

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

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 3	[Serves 4]	
125ml	160ml	Honey Mustard Dressing
90g	120g	Croutons
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
3	4	Smoked Chicken Breasts <i>slice</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & cut into thin wedges</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!