

QCOOK

Olive & Oregano Chicken Salad

with hummus & a chunky fresh salad

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	328kj	2010kj
Energy	79kcal	481kcal
Protein	8.3g	50.7g
Carbs	4g	23g
of which sugars	2g	11g
Fibre	1g	8g
Fat	3.2g	19.9g
of which saturated	1.1g	6.9g
Sodium	480mg	2937mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90g	120g	Pitted Kalamata Olives <i>drain & halve</i>
60g	80g	Danish-style Feta <i>drain</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into bite-sized pieces</i>
3	4	Tomatoes <i>rinse & cut into thin wedges</i>
15ml	20ml	Dried Oregano
90ml	120ml	Red Wine Vinegar
8g	10g	Fresh Chives <i>rinse & roughly chop</i>
3	4	Free-range Chicken Breasts
15ml	20ml	Greek Seasoning
180ml	240ml	Hummus
180ml	240ml	Tzatziki

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. GORGEOUS GREEK SALAD Place the olives and feta into a salad bowl. Toss through the leaves, cucumber, tomato, vinegar, oregano (to taste), ½ the chives and seasoning. Set aside.

2. COOK THE CHICKEN Place a pan over medium heat. Pat the chicken dry with paper towel and cut into bite-sized pieces. Lightly coat the chicken in cooking spray or some oil. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, and toss with the Greek seasoning, and set aside.

3. ADD THE CREAMY TO MAKE IT DREAMY Top your salad with the golden chicken. Dollop over the hummus and tzatziki. Garnish with the remaining chives.