



# UCCOOK

## Smoked Chicken Greek Salad

with kalamata olives & Danish-style feta

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Samantha du Toit

Nutritional Info	Per 100g	Per Portion
Energy	610kJ	2268kJ
Energy	146kcal	542kcal
Protein	6g	22.3g
Carbs	4g	17g
of which sugars	1.9g	7.2g
Fibre	0.7g	2.5g
Fat	11.3g	42.2g
of which saturated	3.3g	12.3g
Sodium	452mg	1682mg

**Allergens:** Cow's Milk, Sulphites

Eat Within 4 Days

### Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
3	4	Tomatoes <i>rinse &amp; roughly dice</i>
90ml	120ml	Salad Dressing <i>(60ml [80ml] Olive Oil &amp; 30m [40ml] Lemon Juice)</i>
3	4	Smoked Chicken Breasts <i>cut into bite-sized pieces</i>
60g	80g	Pitted Kalamata Olives <i>drain</i>
60g	80g	Danish-style Feta <i>drain</i>

### From Your Kitchen

Seasoning (salt & pepper)  
Water

1. **TOSS TOGETHER, TOP, & TASTE!** In a large bowl, toss together the salad leaves, the cucumber, the tomato, the salad dressing, and seasoning. Top with the chicken and the olives. Top with the feta. Lunch is ready, Chef.