Eat Within 3 Days

UCOOK

Pecan & Grape Salad

with chickpeas & a sweet, tangy yoghurt

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	610kJ	2051kJ
Energy	146kcal	491kcal
Protein	4.5g	15.2g
Carbs	17.2g	57.8g
of which sugars	4.7g	15.8g
Fibre	3.5g	11.8g
Fat	5.6g	18.7g
of which saturated	0.7g	2.2g
Sodium	14mg	47mg

Allergens: Sulphites, Tree Nuts, Cow's Milk

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Salad Leaves *rinse & shred*
80g	160g	Grapes *rinse & halve*
120g	240g	Chickpeas *drain & rinse*
60ml	120ml	Sweet & Tangy Yoghurt *(40ml [80ml] Low Fat Plain Yoghurt, 10ml [20ml] Honey & 10ml [20ml] Lemon Juice)*
20g	40g	Pecan Nuts

From Your Kitchen

Water
Seasoning (Salt & Pepper)

1. SIMPLE BUT SIMPLY DELISH Place the salad leaves into a bowl along with the grapes, chickpeas, and seasoning. Drizzle over the sweet and tangy yoghurt and garnish with the pecan nuts. Toss it all up and dig in!