

UCCOOK

Greek Chicken & Tzatziki

with hummus & a chunky fresh salad

Hands-on Time: 25 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	350kj	2041kj
Energy	84kcal	489kcal
Protein	8.4g	49g
Carbs	4g	24g
of which sugars	2g	10g
Fibre	2g	10g
Fat	3.6g	21.1g
of which saturated	1.4g	7.9g
Sodium	495.3mg	2885.6mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30g	60g	Pitted Kalamata Olives <i>drain & halve</i>
25g	50g	Danish-style Feta <i>drain</i>
40g	80g	Green Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into bite-sized pieces</i>
1	2	Tomato/es <i>rinse & cut into thin wedges</i>
5ml	10ml	Dried Oregano
30ml	60ml	Red Wine Vinegar
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	Greek Seasoning
40ml	80ml	Tzatziki
50ml	100ml	Hummus

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. DILL-ICIOUS! Place the olives and feta into a salad bowl. Toss through the green leaves, the cucumber, the tomato, the vinegar, the oregano (to taste), ½ the dill and seasoning. Set aside.

2. COOK THE CHICKEN Place a pan over medium heat and lightly add cooking spray. Pat the chicken dry with paper towel and cut into bite-sized pieces. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. 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 dill.