



U!COOK

Balsamic, Chickpea & Feta Salad

with croutons & sun-dried tomatoes

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Suné van Zyl

Nutritional Info	Per 100g	Per Portion
Energy	647kJ	2588.5kJ
Energy	154.8kcal	619.1kcal
Protein	6.5g	26.2g
Carbs	18.5g	74g
of which sugars	6.2g	24.9g
Fibre	3.4g	13.6g
Fat	5.9g	23.7g
of which saturated	2.2g	8.7g
Sodium	200.5mg	802.3mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
45ml	90ml	Salad Dressing <i>(20ml [40ml] Lemon Juice, 5ml [10ml] Dijon Mustard, 10ml [20ml] Balsamic Vinegar & 10ml [20ml] Honey)</i>
10g	20g	Pumpkin Seeds
30g	60g	Sun-dried Tomatoes <i>roughly chop</i>
30g	60g	Croutons
100g	200g	Cucumber <i>rinse & roughly dice</i>
120g	240g	Chickpeas <i>drain & rinse</i>
40g	80g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. **FRESH, TANGY & CREAMY** In a bowl, toss together the chickpeas, the cucumber, the feta, the sun-dried tomatoes and the salad leaves.
2. **DRESSED TO IMPRESS** Drizzle over the salad dressing and season (to taste). Scatter over the croutons and the pumpkin seeds. Enjoy, Chef!