



# UCOOK

## Caesar-style Chicken Bowl

with crisps & fresh tomato

A salad with crisps? Why not, Chef! Throw out the rulebook for lunch today, with a smoked chicken salad, featuring fresh greens, tangy tomato, salty cheese, creamy mayo and... (drumroll)... crushed Rosemary & Rocksalt Potato Crisps for next-level crunch!

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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\*New Lunch

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## Ingredients & Prep

|        |  |
|--------|--|
| 1      | Smoked Chicken Breast                            |
| 1 unit | Rosemary & Rocksalt<br>Potato Crisps             |
| 40g    | Salad Leaves<br><i>rinse &amp; roughly shred</i> |
| 1      | Tomato<br><i>rinse &amp; roughly chop</i>        |
| 30ml   | Mayo   |
| 15ml   | Grated Italian-style Hard<br>Cheese              |

## From Your Kitchen

Salt & Pepper  
Water

**1. START THE SALAD** Roughly chop the smoked chicken. Lightly crush ½ the crisps, keeping the rest for a snack later.

**2. FINISH THE SALAD** Place the shredded leaves into a bigger serving bowl and toss with the chopped tomato, the chopped chicken, the mayo, and the grated hard cheese. Crumble in the crisps for crunch and season. Easy as that, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 815kJ   |
| Energy             | 195kcal |
| Protein            | 7.2g    |
| Carbs              | 12g     |
| of which sugars    | 6.7g    |
| Fibre              | 3.5g    |
| Fat                | 13.2g   |
| of which saturated | 3.5g    |
| Sodium             | 454.1mg |

## Allergens

Egg, Sulphites, Cow's Milk

Eat  
Within  
3 Days