



QCOOK

Caesar-style Smoked Chicken Salad

with charred baby tomatoes & cashew nuts

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Seasalter Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	584kJ	2546kJ
Energy	140kcal	609kcal
Protein	6.3g	27.3g
Carbs	10g	42g
of which sugars	1.4g	6g
Fibre	1.1g	5g
Fat	8.2g	35.8g
of which saturated	2.2g	9.5g
Sodium	433mg	1885mg

Allergens: Sulphites, Egg, Fish, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Cashew Nuts <i>roughly chop</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
1	2	Smoked Chicken Breast/s <i>cut into bite-sized pieces</i>
40g	80g	Green Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
30g	60g	Croutons
50ml	100ml	Caesar Dressing
15ml	30ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

1. TOASTED NUTS Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHARRED TOMS & CHICKEN Return the pan to medium heat with a drizzle of oil. Fry the tomatoes until lightly charred, 2-4 minutes (shifting occasionally). In the final 30-60 seconds, mix in the chicken and remove from the heat.

3. JUST BEFORE SERVING In a salad bowl, combine the tomato mixture, green leaves, cucumber, croutons, and a drizzle of olive oil.

4. TIME TO DINE Bowl up the salad, drizzle over the Caesar dressing, and sprinkle over the cheese. Garnish with a scattering of the nuts and cheers, Chef!