



UCCOOK

Ranch Chicken Salad

with spring onion & croutons

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	775kJ	2980kJ
Energy	185kcal	713kcal
Protein	6.2g	24g
Carbs	22g	86g
of which sugars	3.6g	13.8g
Fibre	2.7g	10.3g
Fat	8.8g	33.7g
of which saturated	0.5g	2g
Sodium	369mg	1419mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
90g	120g	Croutons
3	4	Smoked Chicken Breasts <i>cut into bite-sized pieces</i>
90ml	125ml	Caesar Dressing

From Your Kitchen

Salt & Pepper
Water

1. WHAT A GREAT PLATE In a bowl, combine the salad leaves, ½ the spring onion, the cucumber, the tomato, the croutons, the chicken, and seasoning. Drizzle over the Caesar dressing. Scatter over the remaining spring onion. Enjoy!