



WCOOK

Balsamic, Chickpea & Feta Salad

with croutons & sun-dried tomatoes

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Suné van Zyl

Nutritional Info	Per 100g	Per Portion
Energy	647kJ	2589kJ
Energy	155kcal	619kcal
Protein	6.5g	26.2g
Carbs	19g	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	201mg	802mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Chickpeas <i>drain & rinse</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
120g	160g	Danish-style Feta <i>drain & crumble</i>
90g	120g	Sun-Dried Tomatoes
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
135ml	180ml	Salad Dressing <i>(60ml [80ml] Lemon Juice, 15ml [20ml] Dijon Mustard, 30ml [40ml] Balsamic Vinegar & 30ml [40ml] Honey)</i>
90g	120g	Croutons
30g	40g	Pumpkin Seeds

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!