



# UCCOOK

## Greek-Style Smoked Chicken Salad

with feta & olives

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 722kJ    | 2569kJ      |
| Energy             | 173kcal  | 614kcal     |
| Protein            | 7.6g     | 27.2g       |
| Carbs              | 14g      | 48g         |
| of which sugars    | 3.2g     | 11.5g       |
| Fibre              | 1g       | 3.6g        |
| Fat                | 9.4g     | 33.5g       |
| of which saturated | 2.8g     | 10.1g       |
| Sodium             | 510mg    | 1816mg      |

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

**Spice Level:** None

Eat Within 3 Days

### Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                            |
|----------|------------|------------------------------------------------------------|
| 50ml     | 100ml      | Orzo Pasta                                                 |
| 1        | 2          | Smoked Chicken Breast/s<br><i>roughly dice</i>             |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice ½ [1]</i>            |
| 15g      | 30g        | Pitted Kalamata Olives<br><i>drain &amp; roughly slice</i> |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>           |
| 30ml     | 60ml       | Honey Mustard Dressing                                     |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>                          |

### From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

1. **ORZO** Submerge the orzo in a pot with salted water and bring to a boil. Cook the orzo until al dente, 8-12 minutes. Drain and toss through a drizzle of olive oil.
2. **JUST BEFORE SERVING** In a salad bowl, combine the orzo, the chicken, the tomato, the olives, the salad leaves, and a generous drizzle of olive oil.
3. **TIME TO EAT** Dish up the loaded chicken salad, drizzle over the dressing, and crumble over the feta. Cheers, Chef!