Eat Within 3 Days

QCOOK

Olive & Oregano Chicken Salad

with hummus & a chunky fresh salad

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	328kJ	1984kJ
Energy	79kcal	475kcal
Protein	8.2g	49.4g
Carbs	4g	23g
of which sugars	2g	11g
Fibre	1g	8g
Fat	3.3g	19.7g
of which saturated	1.1g	6.8g
Sodium	486mg	2935mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30g	60g	Pitted Kalamata Olives *drain & halve*
20g	40g	Danish-style Feta *drain*
40g	80g	Salad Leaves *rinse & roughly shred*
100g	200g	Cucumber *rinse & cut into bite-sized pieces*
1	2	Tomato/es *rinse & cut into thin wedges*
30ml	60ml	Red Wine Vinegar
5ml	10ml	Dried Oregano
150g	300g	Free-range Chicken Mini Fillets
5ml	10ml	Greek Seasoning
60ml	120ml	Hummus
60ml	120ml	Tzatziki

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Paper Towel
Cooking Spray (or oil of your choice)

1. GORGEOUS GREEK SALAD Place the olives and feta into a salad bowl. Toss through the leaves, cucumber, tomato, vinegar, oregano (to taste), and seasoning. Set aside.

2. COOK THE CHICKEN Place a pan over medium heat. Pat the chicken dry with paper towel and cut into bite-sized pieces. Lightly coat the chicken in cooking spray or some oil. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, and toss with the Greek seasoning, and set aside.

3. ADD THE CREAMY TO MAKE IT DREAMY Top your salad with the golden chicken. Dollop over the hummus and tzatziki. Enjoy, Chef.