



UCOOK

Balsamic Chickpea & Feta Salad

with croutons

Take a break from your busy day with a nutritious lunch that's both colourful and refreshing. Featuring creamy crumbly feta, slices of tangy sun-dried tomato, fresh greens, nutty chickpeas, crunchy croutons and a sweet-sharp-savoury balsamic vinegar, Dijon mustard, lemon juice & honey salad dressing.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 3 People

Chef: Suné van Zyl

Lunch

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Ingredients & Prep

360g	Chickpeas <i>drain & rinse</i>
300g	Cucumber <i>rinse & roughly dice</i>
120g	Danish-style Feta <i>drain & crumble</i>
90g	Sun-dried Tomatoes
60g	Salad Leaves <i>rinse & roughly shred</i>
135ml	Salad Dressing <i>(60ml Lemon Juice, 15ml Dijon Mustard, 30ml Balsamic Vinegar & 30ml Honey)</i>
90g	Croutons
30g	Pumpkin Seeds

From Your Kitchen

Water
Seasoning (salt & pepper)

1. FRESH, TANGY & CREAMY In a bowl, toss together the drained chickpeas, the diced cucumber, the crumbled feta, the sliced sun-dried tomatoes and the shredded 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!

Nutritional Information

Per 100g

Energy	686kJ
Energy	164kcal
Protein	6.5g
Carbs	19g
of which sugars	6.2g
Fibre	3.4g
Fat	5.9g
of which saturated	2.2g
Sodium	201mg

Allergens

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

Eat
Within
3 Days