



U!COOK

Creamy Corn, Chickpea & Feta Salad

with cucumber & fresh basil

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	590kj	2492kj
Energy	141kcal	596kcal
Protein	5.3g	22.5g
Carbs	11g	47g
of which sugars	2.6g	10.8g
Fibre	2.5g	10.8g
Fat	7.5g	31.7g
of which saturated	2.1g	9g
Sodium	137mg	580mg

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Corn
360g	480g	Chickpeas <i>drain & rinse</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
180ml	250ml	Creamy Dressing <i>(90ml [125ml] Mayo & 90ml [125ml] Low Fat Plain Yoghurt)</i>
120g	160g	Danish-style Feta <i>drain</i>
8g	10g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

Seasoning (Salt & Pepper)
Water

1. LOADED CORN Boil the kettle. In a bowl, submerge the corn in salted boiling water until plumped up, 3-4 minutes. Drain. Add the chickpeas, the salad leaves and the cucumber to the bowl of corn. Toss together and season.

2. CREAMY DRESSING In a small bowl, loosen the creamy dressing with water in 5ml increments until drizzling consistency. Drizzle the dressing over the salad. Crumble over the feta and garnish with the basil.