



QCOOK

Greek Salad & Smoked Chicken

with kalamata olives & Danish-style feta

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	610kJ	2268kJ
Energy	146kcal	542kcal
Protein	6g	22.3g
Carbs	4g	17g
of which sugars	1.9g	7.2g
Fibre	0.7g	2.5g
Fat	11.3g	42.2g
of which saturated	3.3g	12.3g
Sodium	452mg	1682mg

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
30ml	60ml	Salad Dressing <i>(20ml [40ml] Olive Oil & 10ml [20ml] Lemon Juice)</i>
1	2	Smoked Chicken Breast/s <i>cut into bite-sized pieces</i>
20g	40g	Pitted Kalamata Olives <i>drain</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. **TOSS TOGETHER, TOP, & TASTE!** In a large bowl, toss together the salad leaves, the cucumber, the tomato, the salad dressing, and seasoning. Top with the chicken and the olives. Top with the feta. Lunch is ready, Chef!