



UCOOK

Caesar-style Chicken Bowl

with crisps & fresh tomato

A salad with crisps? Why not, Chef! Throw out the rulebook for lunch today, with a smoked chicken salad, featuring fresh greens, tangy tomato, salty cheese, creamy mayo and... (drumroll)... crushed Rosemary & Rocksalt Potato Crisps for next-level crunch!

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 3 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

3	Smoked Chicken Breasts
3 units	Rosemary & Rocksalt Potato Crisps
120g	Salad Leaves <i>rinse & roughly shred</i>
3	Tomatoes <i>rinse & roughly chop</i>
90ml	Mayo
45ml	Grated Italian-style Hard Cheese

From Your Kitchen

Salt & Pepper
Water

1. START THE SALAD Roughly chop the smoked chicken. Lightly crush ½ the crisps, keeping the rest for a snack later.

2. FINISH THE SALAD Place the shredded leaves into a bigger serving bowl and toss with the chopped tomato, the chopped chicken, the mayo, and the grated hard cheese. Crumble in the crisps for crunch and season. Easy as that, Chef!

Nutritional Information

Per 100g

Energy	815kJ
Energy	195kcal
Protein	7.2g
Carbs	12g
of which sugars	6.7g
Fibre	3.5g
Fat	13.2g
of which saturated	3.5g
Sodium	454.1mg

Allergens

Egg, Sulphites, Cow's Milk

Eat
Within
3 Days