

QCOOK

Smoked Chicken & Bulgur Wheat

with sun-dried tomatoes

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate
Chenin Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 683kj | 1941kj |
| Energy | 163kcal | 464kcal |
| Protein | 8.7g | 24.6g |
| Carbs | 19g | 53g |
| of which sugars | 3.9g | 11.2g |
| Fibre | 2.9g | 8.2g |
| Fat | 8g | 22.8g |
| of which saturated | 2.4g | 6.7g |
| Sodium | 101mg | 605mg |

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 50ml | 100ml | Bulgur Wheat |
| 15ml | 30ml | Red Wine Vinegar |
| 50g | 100g | Cucumber <i>rinse & roughly dice</i> |
| 125g | 250g | Smoked Chicken Breast/s <i>cut into bite-sized pieces</i> |
| 30g | 60g | Sun-dried Tomatoes <i>roughly chop</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water

- 1. BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 150ml [300ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.
- 2. ALL TOGETHER** In a salad bowl, add the vinegar with a generous drizzle of olive oil, and mix to emulsify. Add the bulgur, the cucumber, the chicken, the sun-dried tomatoes, the salad leaves and toss to combine.
- 3. DINNER IS READY** Bowl up the loaded bulgur salad and dig in, Chef!

Chef's Tip Warm the chicken slightly before adding to the salad bowl, so the smokiness blooms without drying it out.