



UCCOOK

Greek-Style Smoked Chicken Salad

with feta & olives

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	722kJ	2569kJ
Energy	173kcal	614kcal
Protein	7.6g	27.2g
Carbs	14g	48g
of which sugars	3.2g	11.5g
Fibre	1g	3.6g
Fat	9.4g	33.5g
of which saturated	2.8g	10.1g
Sodium	510mg	1816mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Orzo Pasta
1	2	Smoked Chicken Breast/s <i>roughly dice</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
15g	30g	Pitted Kalamata Olives <i>drain & roughly slice</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
30ml	60ml	Honey Mustard Dressing
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **ORZO** Submerge the orzo in a pot with salted water and bring to a boil. Cook the orzo until al dente, 8-12 minutes. Drain and toss through a drizzle of olive oil.
2. **JUST BEFORE SERVING** In a salad bowl, combine the orzo, the chicken, the tomato, the olives, the salad leaves, and a generous drizzle of olive oil.
3. **TIME TO EAT** Dish up the loaded chicken salad, drizzle over the dressing, and crumble over the feta. Cheers, Chef!