



uCOOK

Balsamic, Chickpea & Feta Salad

with croutons & sun-dried tomatoes

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Suné van Zyl

Nutritional Info	Per 100g	Per Portion
Energy	647kJ	2588.5kJ
Energy	154.8kcal	619.1kcal
Protein	6.5g	26.2g
Carbs	18.5g	74g
of which sugars	6.2g	24.9g
Fibre	3.4g	13.6g
Fat	5.9g	23.7g
of which saturated	2.2g	8.7g
Sodium	200.5mg	802.3mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

135ml	180ml	Salad Dressing (60ml [80ml] Lemon Juice, 15ml [20ml] Dijon Mustard, 30ml [40ml] Balsamic Vinegar & 30ml [40ml] Honey)
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
90g	120g	Croutons
30g	40g	Pumpkin Seeds
300g	400g	Cucumber <i>rinse & roughly dice</i>
90g	120g	Sun-dried Tomatoes <i>roughly chop</i>
360g	480g	Chickpeas <i>drain & rinse</i>
120g	160g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. **FRESH, TANGY & CREAMY** In a bowl, toss together the chickpeas, the cucumber, the feta, the sun-dried tomatoes and the salad leaves.

2. **DRESSED TO IMPRESS** Drizzle over the salad dressing and season (to taste). Scatter over the croutons and the pumpkin seeds. Enjoy, Chef!

3. **DRESSED TO IMPRESS** Drizzle over the salad dressing and season (to taste). Scatter over the croutons and the pumpkin seeds. Enjoy, Chef!