



QCOOK

Walnut, Butter Bean & Mint Salad

with piquanté peppers

Hands-on Time: 8 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	454kj	1810kj
Energy	108kcal	433kcal
Protein	4.1g	16.4g
Carbs	14g	54g
of which sugars	1.8g	7.1g
Fibre	2.4g	9.6g
Fat	4g	16.1g
of which saturated	0.6g	2.5g
Sodium	180mg	720mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>
360g	480g	Butter Beans <i>drain & rinse</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Piquanté Peppers <i>drain</i>
90g	120g	Croutons
60g	80g	Walnuts <i>roughly chop</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. **DILL YOGHURT** In a bowl, combine the yoghurt, ½ the dill, and seasoning.

2. **LOADED CRUNCHY LUNCH** In a separate bowl, combine the beans, the salad leaves, the cucumber, the peppers and the croutons. Season. Dollop over the mint yoghurt. Scatter over the nuts and finish off the salad with the remaining mint.