



UCOOK

White Bean & Chorizo Salad

with baby marrow, bell pepper & lemon juice

White beans and pepper slices are marinated in a Spanish spice rub, olive oil, and fresh parsley. Once ready, these tasty gems are laid on top of a bed of dressed leaves and scattered with charred baby marrow and smoky, salty chorizo. All that's left to do is to crumble over feta and sprinkle over some pumpkin seeds.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Creation Wines | Creation Viognier

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Ingredients & Prep

10ml	NOMU Spanish Rub
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
120g	Cannellini Beans <i>drain & rinse</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
30g	Sliced Pork Chorizo
200g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
20g	Green Leaves <i>rinse</i>
10ml	Lemon Juice
30g	Danish-style Feta <i>drain & crumble</i>
10g	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. MAKE THE MARINADE In a bowl, combine the NOMU rub, a drizzle of olive oil, ½ the chopped parsley, and seasoning. Toss through the drained beans and the pepper slices. Set aside to marinate.

2. FRY THE CHORIZO Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chorizo until golden, 2-3 minutes (shifting as it colours). Remove from the pan and drain on paper towel. Roughly chop.

3. CHARRED MARROWS Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the baby marrow rounds until charred but still al dente, 3-4 minutes (shifting occasionally). Remove from the pan and season.

4. FRESH & SIMPLE In a salad bowl, combine the rinsed green leaves, a drizzle of the lemon juice (to taste), a drizzle of olive oil, and seasoning.

5. SERVE THAT SALAD! Make a bed of the dressed leaves and scatter over the marinated beans & peppers. Top with the charred baby marrow and the chorizo. Crumble over the drained feta and sprinkle over the pumpkin seeds. Garnish with the remaining parsley. Delish, Chef!



Chef's Tip

If you would like to toast the pumpkin seeds, place them in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	332kj
Energy	79kcal
Protein	4.6g
Carbs	8g
of which sugars	2.1g
Fibre	2.8g
Fat	3.4g
of which saturated	1.5g
Sodium	254mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Cook
within
4 Days