



UCCOOK

Salami & Tangy White Bean Salad

with cucumber & a honey-mustard dressing

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 3 & 4

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	566kJ	2017kJ
Energy	135kcal	482kcal
Protein	4.5g	16g
Carbs	8g	28g
of which sugars	2.9g	10.5g
Fibre	1.6g	5.3g
Fat	9.6g	34.1g
of which saturated	2.5g	9g
Sodium	388mg	1384mg

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

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
60ml	80ml	Crispy Onion Bits
3 units	4 units	Sliced Pork Salami <i>roughly chop</i>
125ml	160ml	Honey Mustard Dressing

From Your Kitchen

Seasoning (salt & pepper)
Water

1. TOSS & TOP In a bowl, toss together the salad leaves, the beans, the cucumber, the tomato, and the crispy onion bits. Top with the salami and drizzle over the honey-mustard dressing. Stunning, Chef!