



UCOOK

Luno's Cannellini Bean & Chorizo Salad

with baby marrow, red bell pepper & fresh lemon

Cannellini beans and red 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 drained feta and sprinkle over some pumpkin seeds.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Kate Gomba

 Quick & Easy

 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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Ingredients & Prep

40ml	NOMU Spanish Rub
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
480g	Cannellini Beans <i>drained & rinsed</i>
2	Red Bell Peppers <i>trimmed, de-seeded & thinly sliced</i>
120g	Pork Chorizo
800g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
80g	Green Leaves <i>rinsed</i>
2	Lemons <i>cut into wedges</i>
100g	Danish-style Feta <i>drained</i>
40g	Pumpkin Seeds

From Your Kitchen

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

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

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

3. THAT'S THE STUFF, BABY! Return the pan to a medium-high heat with a drizzle of oil (if necessary). When hot, fry the baby marrow chunks for 3-4 minutes until charred but still al dente, shifting occasionally. Remove from the pan and season.

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

5. SERVE THAT SALAD! Make a bed of the dressed leaves and scatter over the marinated beans & pepper. 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 and serve with any remaining lemon wedges on the side. Delish, Chef!



Chef's Tip

If you would like to toast the pumpkin seeds, place them in a pan over medium heat for 2-4 minutes or until lightly browned.

Nutritional Information

Per 100g

Energy	322kJ
Energy	77kcal
Protein	4.4g
Carbs	8g
of which sugars	2.1g
Fibre	2.8g
Fat	3.2g
of which saturated	1.3g
Sodium	243mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days