

UCOOK

Crumbed Bocconcini Salad

with cannellini beans, baby tomatoes, cucumber & carrot ribbons

If you're ever challenged to make a salad for someone that they've never tasted before, here's the answer, Chef! Rich cannellini beans, tangy tomato, refreshing cucumber & crunchy carrot are coated in a honey-mustard dressing. This, together with fresh greens, forms the base for panko breadcrumb-coated bocconcini cheese balls.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Veggie

Laborie Estate | Laborie Sauvignon Blanc
2023

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Ingredients & Prep

60ml	Cake Flour
18	Bocconcini Balls <i>drain</i>
150ml	Panko Breadcrumbs
75ml	Honey-mustard Dressing <i>(7,5ml Dijon Mustard, 22,5ml Honey & 45ml White Wine Vinegar)</i>
180g	Cannellini Beans <i>drain & rinse</i>
240g	Baby Tomatoes <i>rinse & cut in half</i>
150g	Cucumber <i>rinse & roughly dice</i>
360g	Carrot <i>rinse, trim & peel into ribbons</i>
60g	Salad Leaves <i>rinse</i>

From Your Kitchen

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

1. PREP Whisk 1 egg in a shallow dish with a splash of water. Prepare two shallow dishes: one containing the flour (seasoned lightly), and one containing the breadcrumbs. Coat the bocconcini balls in the seasoned flour, then in the egg mixture, and then in the breadcrumbs. When coating in the breadcrumbs, press them into the bocconcini balls so they stick and coat evenly. Set aside in the fridge for 10-15 minutes.

2. FRYING MOMENT Place a pan over high heat with enough oil to shallow fry. When hot, fry the crumbed cheese until golden, 20-30 seconds (shifting occasionally). (You may need to do this step in batches). Remove from the pan, drain on paper towel, and season.

3. SALAD In a salad bowl, combine the honey-mustard dressing with 30ml of olive oil. Add the drained beans, the halved tomatoes, the diced cucumber, the carrot ribbons, and the rinsed green leaves. Toss to coat and season.

4. DINNER IS READY Bowl up the salad and top with the golden cheese balls. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	446kj
Energy	107kcal
Protein	4.8g
Carbs	12g
of which sugars	3.7g
Fibre	2.1g
Fat	4.4g
of which saturated	2.8g
Sodium	82mg

Allergens

Egg, Gluten, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days