



# UCCOOK

## Chicken & Three Bean Salad

with Danish-style feta, a pesto drizzle & fresh parsley

Our take on the classic three-bean salad combines meaty kidney beans, creamy butter beans & charred green beans. Topped with moreish chicken mini fillets, drizzles of pesto & salty crumbles of feta. Look at you, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 Carb Conscious

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 Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

2	Red Onions <i>peeled &amp; cut into thick wedges</i>
400g	Green Beans <i>rinsed, trimmed &amp; halved</i>
100ml	Classic Vinaigrette <i>(40ml Red Wine Vinegar, 20ml Dijon Mustard &amp; 40ml Honey)</i>
480g	Kidney Beans <i>drained &amp; rinsed</i>
480g	Butter Beans <i>drained &amp; rinsed</i>
2	Tomatoes <i>rinsed &amp; roughly diced</i>
600g	Free-range Chicken Mini Fillets
15g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
60ml	Pesto Princess Coriander & Chilli Pesto
80g	Green Leaves <i>rinsed</i>
200g	Danish-style Feta <i>drained</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey (optional)  
Butter (optional)

**1. ONIONS** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion wedges until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**2. IT'S GREEN. AND IT'S A BEAN.** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**3. CLASSIC FOR A REASON** In a salad bowl, combine the classic vinaigrette, a drizzle of olive oil, and seasoning. If the dressing is too strong for your liking, whisk in 1-2 tsp of sweetener. Toss through the drained kidney and butter beans, the charred green beans, the diced tomato, and ½ the chopped parsley. Cover and set aside to marinate in the fridge for at least 15-20 minutes.

**4. CHEEKY CHICKEN** Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

**5. PRESTO! GET THE PESTO** Loosen the pesto with oil in 5ml increments until drizzling consistency. Just before serving, toss the rinsed green leaves with the marinated bean salad.

**6. IT WAS MEANT TO BEAN, CHEF!** Make a bed of the flavourful three-bean salad. Top with the juicy chicken and the caramelised onion wedges. Drizzle with the loosened pesto. Scatter over the crumbled feta and garnish with the remaining parsley.



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and seasoning. Air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	434kJ
Energy	104kcal
Protein	8.3g
Carbs	8g
of which sugars	2.9g
Fibre	2.7g
Fat	3.5g
of which saturated	1.4g
Sodium	152mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days