



# QCOOK

## Salami & Tangy White Bean Salad

with cucumber & a honey-mustard dressing

**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

**Lunch:** Serves 1 & 2

**Chef:** Samantha du Toit

<b>Nutritional Info</b>	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:

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Serves 1	[Serves 2]	
40g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	120g	Cannellini Beans <i>drain &amp; rinse</i>
50g	100g	Cucumber <i>rinse &amp; roughly dice</i>
1	2	Tomato/es <i>rinse &amp; roughly dice</i>
20ml	40ml	Crispy Onion Bits
1 unit	2 units	Sliced Pork Salami <i>roughly chop</i>
40ml	80ml	Honey Mustard Dressing

## From Your Kitchen

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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!