



QCOOK

Mustard-dressed Black Bean Bowl

with pickled onions

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Lunch: Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	403kj	1512kj
Energy	97kcal	362kcal
Protein	3.5g	13g
Carbs	16g	60g
of which sugars	6.5g	24.6g
Fibre	3.6g	13.4g
Fat	2.2g	8.3g
of which saturated	0.6g	2.1g
Sodium	236mg	885mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Peas
20g	40g	Green Leaves <i>rinse & roughly shred</i>
120g	240g	Black Beans <i>drain & rinse</i>
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
50ml	100ml	Mustard Vinaigrette <i>(15ml [30ml] Wholegrain Mustard, 20ml [40ml] Apple Cider Vinegar & 15ml [30ml] Honey)</i>
30g	60g	Pickled Onions <i>drain & finely slice</i>
10g	20g	Crispy Onion Bits
2,5ml	5ml	Dried Chilli Flakes

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. PLUMP PEAS Boil the kettle. Submerge the peas in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

2. GORGEOUS GREEN SALAD In a bowl, combine the green leaves, black beans, cucumber, and peas. Toss through the vinaigrette and the pickled onions, and season. Garnish with the crispy onions and chilli flakes.