



UCCOOK

Crumbed Feta & Broccoli Salad

with chilli flakes, quinoa & fresh salad leaves

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Veggie: Serves 1 & 2

Chef: Hannah Duxbury

Wine Pairing: Waterford Estate | Waterford Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	747kJ	3057kJ
Energy	179kcal	731kcal
Protein	8g	32.9g
Carbs	21g	87g
of which sugars	2.4g	9.9g
Fibre	3.2g	13g
Fat	7.3g	29.8g
of which saturated	3.4g	14g
Sodium	343mg	1404mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
75ml	150ml	Quinoa <i>rinse</i>
10ml	20ml	Apple Cider Vinegar
15ml	30ml	Cake Flour
20ml	40ml	Panko Breadcrumbs
100g	200g	Traditional Feta Blocks <i>drain</i>
5ml	10ml	Dried Chilli Flakes
15ml	30ml	Lemon Juice
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
60g	120g	Cannellini Beans <i>drain & rinse</i>
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel
Seasoning (salt & pepper)

1. GET ROASTING Preheat the oven to 200°C. Place the broccoli pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisping up, 15-20 minutes (shifting halfway).

2. GET THE QUINOA POPPIN' Place the quinoa in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain, if necessary. Set aside to steam, about 5 minutes.

3. DRESSED TO IMPRESS In a salad bowl, combine the vinegar, 10ml [20ml] of olive oil, seasoning, and 5ml [10ml] of sweetener. Mix until the sweetener is fully dissolved. Set aside.

4. COME GET SOME CRUMB! When the broccoli has 10 minutes remaining, prepare a shallow dish with the flour. Prepare two more dishes: one containing 1 egg whisked with 1 tbsp of water and another containing the breadcrumbs. Dip the feta block into the flour mixture, followed by the egg mixture, and, finally, into the breadcrumbs. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the feta block until golden brown, 2 minutes per side. Remove from the pan and drain on paper towel.

5. THE TOSS UP When the broccoli is done, remove from the oven and sprinkle over ½ the chilli flakes (to taste), seasoning, and drizzle over the lemon juice. Toss until fully coated. To the salad bowl with the dressing, add the salad leaves and the cannellini beans. Toss until coated.

6. FAB FETA SUPPER! Make a bed of the quinoa and the salad. Top with the broccoli and the feta. Sprinkle over the sundried tomatoes and the remaining chilli flakes (to taste). Dive in, Chef!