



Ucook

Walnut, Butter Bean & Dill Salad

with piquanté peppers

You can proudly unveil this lunch at work, Chef! Fluffy couscous is dotted with fresh greens, rich butter beans, cucumber half-moons, & sweet piquanté peppers. Finished with dollops of dill yoghurt and crunchy walnuts.

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

50ml	Couscous
40ml	Low Fat Plain Yoghurt
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
60g	Butter Beans <i>drain & rinse</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
20g	Piquanté Peppers <i>drain</i>
20g	Walnuts <i>roughly chop</i>

From Your Kitchen

Salt & Pepper
Water
Oil (cooking, olive or coconut)

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 50ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. DILL YOGHURT In a bowl, combine the yoghurt, ½ the chopped dill, and seasoning.

3. LOADED COUSCOUS LUNCH Add the rinsed beans, the shredded leaves, the cucumber half-moons, and the drained peppers to the fluffy couscous. Season. Dollop over the dill yoghurt. Scatter over the nuts.

Nutritional Information

Per 100g

Energy	573kJ
Energy	137kcal
Protein	5.2g
Carbs	17g
of which sugars	2.8g
Fibre	2.7g
Fat	4.7g
of which saturated	0.6g
Sodium	103.3mg

Allergens

Gluten, Wheat, Sulphites, Tree Nuts,
Cow's Milk

Eat
Within
3 Days