



# UCCOOK

## Triple Bean Fiesta

with blue cheese dressing

**Hands-on Time:** 10 minutes

**Overall Time:** 12 minutes

**Lunch:** Serves 3 & 4

**Chef:** Kate Gomba

### Nutritional Info

	Per 100g	Per Portion
Energy	306kJ	1630kJ
Energy	73kcal	390kcal
Protein	2.5g	13.6g
Carbs	9g	49g
of which sugars	2.7g	14.2g
Fibre	3g	15.9g
Fat	2.7g	14.3g
of which saturated	0.4g	2.1g
Sodium	188mg	1003mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

180g	240g	Cannellini Beans <i>drain &amp; rinse</i>
180g	240g	Butter Beans <i>drain &amp; rinse</i>
180g	240g	Kidney Beans <i>drain &amp; rinse</i>
2	2	Bell Peppers <i>rinse, deseed &amp; dice</i>
60g	80g	Piquanté Peppers <i>drain</i>
60g	80g	Pitted Kalamata Olives <i>drain &amp; halve</i>
60g	80g	Pickled Onions <i>drain &amp; roughly slice</i>
150ml	200ml	Blue Cheese Dressing

## From Your Kitchen

Seasoning (salt & pepper)

Water

1. **A COLOURFUL COMBO** In a bowl, combine the cannellini beans, the butter beans, the kidney beans, the piquanté peppers (to taste), the bell peppers, the olives, and the pickled onions (to taste). Season.

2. **DRESSED TO IMPRESS** Drizzle with the blue cheese dressing, toss, and dig in!