



UCCOOK

Mouthwatering Mediterranean Salad

with olives & toasted cashew nuts

Perfect for summer, this refreshing salad is fulfilling, flavourful, and fun to make, Chef. Oregano-spiced roasted beetroot, crispy kidney beans, briny olives, creamy feta, greens, cucumber & tomatoes are tossed together and garnished with toasted cashews to give it that extra 'Opa'!

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Jade Summers

 Veggie

 Alvi's Drift | 221 Chenin Blanc

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

800g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
10ml	Dried Oregano
40g	Cashew Nuts <i>roughly chopped</i>
240g	Kidney Beans <i>drained & rinsed</i>
160g	Mixed Olives <i>(80g Pitted Kalamata Olives & 80g Pitted Green Olives)</i>
60ml	Lemon Juice
80g	Green Leaves <i>rinsed</i>
200g	Cucumber <i>rinsed & cut into half-moons</i>
320g	Baby Tomatoes <i>rinsed & halved</i>
80g	Piquanté Peppers <i>drained & roughly chopped</i>
120g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. CAN'T BEET THIS Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil, the oregano, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. GOLDEN CASHEWS Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ROASTED BEANS When the roast has 15 minutes remaining, spread the kidney beans on the roasting tray, coat in oil, and season. Roast until golden and crispy, 10-15 minutes.

4. GREEK SALAD Drain and roughly chop the mixed olives. In a salad bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener. Toss through the rinsed green leaves, the chopped mixed olives, the cucumber half-moons, the halved baby tomatoes, and the piquanté peppers.

5. DINNER TIME Plate up the roasted beets & beans and top with the loaded salad. Crumble over the feta and garnish with the toasted nuts. Enjoy!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil, the oregano, and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway). At the halfway mark, add the dressed kidney beans.

Nutritional Information

Per 100g

Energy	343kj
Energy	82kcal
Protein	3.3g
Carbs	7g
of which sugars	1.8g
Fibre	2.8g
Fat	3.8g
of which saturated	1.4g
Sodium	206mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within
4 Days