



UCOOK

Crumbed Feta & Broccoli Salad

with chilli flakes, quinoa & fresh salad leaves

A beautiful block of crispy crumbed feta sits atop roasted broccoli tossed in chilli flakes & lemon juice. Served with a fresh salad of leaves & cannellini beans doused in a vinegar dressing. Fresh, creamy, and super tasty!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Hannah Duxbury

 Veggie

 Groote Post Winery | Groote Post Old Man's Blend White Blend 2020

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Ingredients & Prep

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

From Your Kitchen

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

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 rinsed quinoa in a pot with 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, 20ml of olive oil, seasoning, and 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 drained feta blocks 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 crumbed feta blocks 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). Season and drizzle over the lemon juice. Toss until fully coated. To the salad bowl with the dressing, add the shredded salad leaves and the drained cannellini beans. Toss until coated.

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



Chef's Tip

Air fryer method: Coat the broccoli in oil and season. Air fry at 200°C until crispy, 10-15 minutes.

Nutritional Information

Per 100g

Energy	745kJ
Energy	178kcal
Protein	8g
Carbs	21g
of which sugars	2.4g
Fibre	3.2g
Fat	7.3g
of which saturated	3.4g
Sodium	343mg

Allergens

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

Cook
within 3
Days