



UCOOK

Tangy White Bean & Salami Salad

with cucumber & a honey-mustard dressing

Every year, you'll spend over 2 000 hours on work. Luckily, that also means lots of chances to have a super satisfying UCOOK lunch, like this rich cannellini bean, salty salami, & tangy tomato salad, made with honey-mustard dressing.

Hands-on Time: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Samantha du Toit

***New Lunch**

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

Ingredients & Prep

40g	Salad Leaves <i>rinse & roughly shred</i>
60g	Cannellini Beans <i>drain & rinse</i>
50g	Cucumber <i>rinse & roughly dice</i>
1	Tomato <i>rinse & roughly dice</i>
20ml	Crispy Onion Bits
1 unit	Sliced Pork Salami <i>roughly chop</i>
40ml	Honey Mustard Dressing

From Your Kitchen

Salt & Pepper
Water

1. TOSS & TOP In a bowl, toss together the shredded salad leaves, the drained beans, the diced cucumber, the diced tomato, and the crispy onion bits. Top with the chopped salami and drizzle over the honey-mustard dressing. Stunning, Chef!

Nutritional Information

Per 100g

Energy	566kJ
Energy	135kcal
Protein	4.5g
Carbs	8g
of which sugars	2.9g
Fibre	3.1g
Fat	9.6g
of which saturated	2.5g
Sodium	388.1mg

Allergens

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

Eat
Within
3 Days