



UCOOK

Cauliflower & Pesto Salad

with sourdough croutons, green beans, and lemon & basil pesto

Bright, fresh, and oh-so-delicious. Cauliflower & cannellini beans are oven roasted and added to a loaded salad of green leaves, tomatoes, green beans, and crunchy sourdough croutons. All this veggie goodness is then doused in a pesto drizzle and garnished with fresh basil. Who said salad was a side? We think it's the main attraction!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Strandveld | Skaamgesiggie MCC Brut Rosé

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

Ingredients & Prep

1	Onion <i>½ peeled & cut into wedges</i>
150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
60g	Cannellini Beans <i>drained & rinsed</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
1	Sourdough Baguette <i>½ torn into bite-sized chunks</i>
25ml	Pesto Princess Basil & Lemon Pesto
20g	Green Leaves <i>rinsed</i>
1	Tomato <i>½ cut into bite-sized chunks</i>
3g	Fresh Basil <i>rinsed & roughly torn</i>

From Your Kitchen

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

1. ONION MARKS, GET SET, ROAST! Preheat the oven to 220°C. Spread out the onion wedges and the cauliflower pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until soft and caramelised, shifting halfway.

2. BEAN THERE Boil the kettle. Coat the rinsed cannellini beans with a drizzle of oil and seasoning. When the roast has 15-20 minutes remaining, scatter the dressed cannellini beans over the tray and roast for the remaining time.

3. DONE THAT Place a pot over high heat, fill with boiling water, and add a pinch of salt. Once bubbling rapidly, blanch the sliced green beans for 2-3 minutes until cooked al dente. Drain and run under cold water to stop the cooking process.

4. CRUNCHY CHUNKS In a bowl, toss the sourdough chunks in a drizzle of oil and some seasoning. Place a pan over medium heat. When hot, toast the sourdough chunks for 3-4 minutes until crispy, shifting occasionally. Remove from the pan and drain on paper towel.

5. VEGGIE FEAST In a small bowl, loosen the pesto with 5ml of oil and 10ml of warm water until a drizzling consistency. To a salad bowl, add the rinsed green leaves, the tomato chunks, the roasted veg & beans, the blanched green beans, and seasoning.

6. PLATE IT UP! Plate up the loaded salad. Scatter over the croutons and drizzle over the pesto. Garnish with torn basil. Great work, Chef!

Nutritional Information

Per 100g

Energy	423kj
Energy	101kcal
Protein	3.7g
Carbs	16g
of which sugars	3g
Fibre	2.4g
Fat	2.2g
of which saturated	0.3g
Sodium	190mg

Allergens

Gluten, Allium, Wheat, Tree Nuts

Cook
within 3
Days