



# UCOOK

## 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'!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Jade Summers

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 Veggie

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 Alvi's Drift | 221 Chenin Blanc

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## Ingredients & Prep

400g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized pieces</i>
5ml	Dried Oregano
20g	Cashew Nuts <i>roughly chopped</i>
120g	Kidney Beans <i>drained &amp; rinsed</i>
80g	Mixed Olives <i>(40g Pitted Kalamata Olives &amp; 40g Pitted Green Olives)</i>
30ml	Lemon Juice
40g	Green Leaves <i>rinsed</i>
100g	Cucumber <i>rinsed &amp; cut into half-moons</i>
160g	Baby Tomatoes <i>rinsed &amp; halved</i>
40g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
60g	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, 30-35 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