



UCCOOK

Walnut, Butter Bean & Dill Salad

with piquanté peppers

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	454kj	1812kj
Energy	109kcal	433kcal
Protein	4.1g	16.5g
Carbs	14g	54g
of which sugars	1.8g	7.1g
Fibre	2.4g	9.6g
Fat	4g	16.1g
of which saturated	0.6g	2.5g
Sodium	181mg	721mg

Allergens: Cow's Milk, Gluten, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Low Fat Plain Yoghurt
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>
120g	240g	Butter Beans <i>drain & rinse</i>
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Piquanté Peppers <i>drain</i>
30g	60g	Croutons
20g	40g	Walnuts <i>roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **DILL YOGHURT** In a bowl, combine the yoghurt, ½ the dill, and seasoning.

2. **LOADED CRUNCHY LUNCH** In a separate bowl, combine the beans, the salad leaves, the cucumber, and the peppers and the croutons. Season. Dollop over the dill yoghurt. Scatter over the nuts.