



# U<sup>COOK</sup>

## 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:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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

## From Your Kitchen

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Seasoning (Salt & Pepper)

Water

1. **DILL-ICIOUS 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, the peppers and the croutons. Season. Dollop over the dill yoghurt. Scatter over the nuts and finish off the salad with the remaining dill.