



UCCOOK

Triple Bean Fiesta

with blue cheese dressing

Hands-on Time: 5 minutes

Overall Time: 7 minutes

Lunch: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	306kJ	1630kJ
Energy	73kcal	390kcal
Protein	2.5g	13.6g
Carbs	9g	49g
of which sugars	2.7g	14.2g
Fibre	3g	15.9g
Fat	2.7g	14.3g
of which saturated	0.4g	2.1g
Sodium	188mg	1003mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

60g	120g	Cannellini Beans <i>drain & rinse</i>
60g	120g	Butter Beans <i>drain & rinse</i>
60g	120g	Kidney Beans <i>drain & rinse</i>
1	1	Bell Pepper <i>rinse, deseed & dice</i>
20g	40g	Piquanté Peppers <i>drain</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
20g	40g	Pickled Onions <i>drain & roughly slice</i>
50ml	100ml	Blue Cheese Dressing

From Your Kitchen

Seasoning (salt & pepper)

Water

1. **A COLOURFUL COMBO** In a bowl, combine the cannellini beans, the butter beans, the kidney beans, the piquanté peppers (to taste), the bell pepper, the olives, and the pickled onions (to taste). Season.

2. **DRESSED TO IMPRESS** Drizzle with the blue cheese dressing, toss, and dig in!