



UCCOOK

Triple Bean Fiesta

with blue cheese dressing

A triple taste explosion is on the lunch menu today, Chef! A creamy blue cheese dressing coats a mouthwatering medley of three types of beans, bell pepper, piquanté peppers, olives & pickled onions.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 4 People

Chef: Kate Gomba

*New Lunch

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Ingredients & Prep

240g	Cannellini Beans <i>drain & rinse</i>
240g	Butter Beans <i>drain & rinse</i>
240g	Kidney Beans <i>drain & rinse</i>
2	Bell Peppers <i>rinse, deseed & dice</i>
80g	Piquanté Peppers <i>drain</i>
80g	Pitted Kalamata Olives <i>drain & halve</i>
80g	Pickled Onions <i>drain & roughly slice</i>
200ml	Blue Cheese Dressing

From Your Kitchen

Salt & Pepper
Water

1. A COLOURFUL COMBO In a bowl, combine the rinsed cannellini beans, the rinsed butter beans, the rinsed kidney beans, the diced peppers (to taste), the drained peppers, the halved olives, and the sliced pickled onions (to taste). Season.

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

Nutritional Information

Per 100g

Energy	306kJ
Energy	73kcal
Protein	2.5g
Carbs	9g
of which sugars	2.7g
Fibre	3g
Fat	2.7g
of which saturated	0.4g
Sodium	188.2mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
4 Days