



UCCOOK

Cannellini & Sun-dried Tomato Salad

with Danish-style feta & crispy croutons

Hands-on Time: 8 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	560kj	2218kj
Energy	134kcal	530kcal
Protein	4g	15.7g
Carbs	17g	69g
of which sugars	5.8g	23.1g
Fibre	3.1g	12.2g
Fat	5.7g	22.5g
of which saturated	1.5g	5.9g
Sodium	340mg	1345mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>
30g	60g	Pitted Green Olives <i>drain & roughly chop</i>
120g	240g	Cannellini Beans <i>drain & rinse</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
30ml	60ml	Lemon Vinaigrette <i>(15ml [30ml] Lemon Juice, 5ml [10ml] Olive Oil & 10ml [20ml] Honey)</i>
30g	60g	Croutons
20g	40g	Danish-style Feta <i>drain</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. START THE SALAD In a bowl, combine the sun-dried tomatoes, the olives, cannellini beans, the cucumber and the parsley. Mix through the lemon vinaigrette and season.

2. FRESH & FLAVOURFUL Top the loaded beans with the croutons and crumble over the feta. Top with the spring onion and enjoy, Chef!