



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: 5 minutes

Overall Time: 5 minutes

Serves: 1 Person

Chef: Kate Gomba

*New Lunch

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Ingredients & Prep

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