



# UCCOOK

## Cannellini & Sun-dried Tomato Bowl

with Danish-style feta & crispy croutons

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Megan Bure

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 529kJ    | 2078kJ      |
| Energy             | 126kcal  | 497kcal     |
| Protein            | 4.3g     | 16.8g       |
| Carbs              | 17g      | 67g         |
| of which sugars    | 5.5g     | 21.5g       |
| Fibre              | 2.9g     | 11.5g       |
| Fat                | 5.7g     | 22.5g       |
| of which saturated | 1.9g     | 7.3g        |
| Sodium             | 309mg    | 1216mg      |

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

**Spice Level:** None

Eat Within 4 Days

### Ingredients & Prep Actions:

|                 |                   |                                                                                                              |
|-----------------|-------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Serves 3</b> | <b>[Serves 4]</b> |                                                                                                              |
| 90g             | 120g              | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i>                                                        |
| 90g             | 120g              | Pitted Kalamata Olives<br><i>drain &amp; roughly chop</i>                                                    |
| 360g            | 480g              | Cannellini Beans<br><i>drain &amp; rinse</i>                                                                 |
| 300g            | 400g              | Cucumber<br><i>rinse &amp; roughly dice</i>                                                                  |
| 90ml            | 120ml             | Lemon Vinaigrette<br><i>(45ml [60ml] Lemon Juice,<br/>15ml [20ml] Olive Oil &amp; 30ml<br/>[40ml] Honey)</i> |
| 90g             | 120g              | Croutons                                                                                                     |
| 90g             | 120g              | Danish-style Feta<br><i>drain</i>                                                                            |
| 2               | 2                 | Spring Onions<br><i>rinse, trim &amp; 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, and the cucumber. 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!