



QCOOK

Cannellini & Sun-dried Tomato Bowl

with Danish-style feta & crispy croutons

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

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:

Serves 1	[Serves 2]	
30g	60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
30g	60g	Pitted Kalamata Olives <i>drain & roughly chop</i>
120g	240g	Cannellini Beans <i>drain & rinse</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
30ml	60ml	Lemon Vinaigrette <i>(15ml [30ml] Lemon Juice, 5ml [10ml] Olive Oil & 10ml [20ml] Honey)</i>
30g	60g	Croutons
30g	60g	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, 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!