



UCCOOK

Chicken & Three Bean Salad

with Danish-style feta, a pesto drizzle & fresh parsley

Our take on the classic three-bean salad combines meaty kidney beans, creamy butter beans & charred green beans. Topped with moreish chicken mini fillets, drizzles of pesto & salty crumbles of feta. Look at you, Chef!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

1	Red Onion <i>½ peeled & cut into thick wedges</i>
100g	Green Beans <i>rinsed, trimmed & halved</i>
25ml	Classic Vinaigrette <i>(10ml Red Wine Vinegar, 5ml Dijon Mustard & 10ml Honey)</i>
120g	Kidney Beans <i>drained & rinsed</i>
120g	Butter Beans <i>drained & rinsed</i>
1	Tomato <i>rinsed & roughly diced</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
150g	Free-range Chicken Mini Fillets
15ml	Pesto Princess Coriander & Chilli Pesto
20g	Green Leaves <i>rinsed</i>
50g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey (optional)
Butter (optional)

1. ONIONS Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion wedges until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

2. IT'S GREEN. AND IT'S A BEAN. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and set aside.

3. CLASSIC FOR A REASON In a salad bowl, combine the classic vinaigrette, a drizzle of olive oil, and seasoning. If the dressing is too strong for your liking, whisk in 1-2 tsp of sweetener. Toss through the drained kidney & butter beans, the charred green beans, the diced tomato, and ½ the chopped parsley. Cover and set aside to marinate in the fridge for at least 15-20 minutes.

4. CHEEKY CHICKEN Return the pan to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

5. PRESTO! GET THE PESTO Loosen the pesto with oil in 5ml increments until drizzling consistency. Just before serving, toss the rinsed green leaves with the marinated bean salad.

6. IT WAS MEANT TO BEAN, CHEF! Make a bed of the flavourful three-bean salad. Top with the juicy chicken and the caramelised onion wedges. Drizzle with the loosened pesto. Scatter over the crumbled feta and garnish with the remaining parsley.



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and seasoning. Air fry at 200°C until cooked through, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	434kJ
Energy	104kcal
Protein	8.3g
Carbs	8g
of which sugars	2.9g
Fibre	2.7g
Fat	3.5g
of which saturated	1.4g
Sodium	152mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days