



UCCOOK

Salami & Tangy White Bean Salad

with cucumber & a honey-mustard dressing

Hands-on Time: 5 minutes

Overall Time: 7 minutes

Lunch: Serves 1 & 2

Chef: Samantha du Toit

Nutritional Info

	Per 100g	Per Portion
Energy	512kJ	1744kJ
Energy	122kcal	417kcal
Protein	4.6g	15.5g
Carbs	7g	23g
of which sugars	2.6g	9g
Fibre	1.5g	5g
Fat	8.6g	29.4g
of which saturated	2.4g	8.1g
Sodium	378mg	1288mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	120g	Cannellini Beans <i>drain & rinse</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
5g	10g	Crispy Onion Bits
1 unit	2 units	Sliced Pork Salami <i>roughly chop</i>
30ml	60ml	Honey Mustard Dressing

From Your Kitchen

Seasoning (salt & pepper)

Water

1. TOSS & TOP In a bowl, toss together the salad leaves, the beans, the cucumber, the tomato, and the crispy onion bits. Top with the salami and drizzle over the honey-mustard dressing. Stunning, Chef!