



UCOOK

Crumbed Feta & Broccoli Salad

with chilli flakes & lemon wedges

A beautiful block of crispy crumbed feta sits atop roasted broccoli tossed in chilli flakes & lemon zest. Served with a fresh salad of green leaves & cannellini beans doused in a mayo vinegar dressing. Fresh, creamy, and super tasty!

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Veggie

 Creation Wines | Creation Elation MCC

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Ingredients & Prep

| | |
|------|--|
| 100g | Broccoli Florets <i>cut into bite-sized pieces</i> |
| 75ml | Quinoa |
| 15ml | That Mayo (Original) |
| 15ml | Apple Cider Vinegar |
| 15ml | Cake Flour |
| 20ml | Panko Breadcrumbs |
| 100g | Feta Block <i>drained</i> |
| 5ml | Dried Chilli Flakes |
| 1 | Lemon <i>½ zested & cut into wedges</i> |
| 20g | Salad Leaves <i>rinsed</i> |
| 120g | Cannellini Beans <i>drained & rinsed</i> |
| 25g | Sun-dried Tomatoes <i>drained & roughly chopped</i> |

From Your Kitchen

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

1. GET ROASTING Preheat the oven to 200°C. Place the broccoli pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 15-20 minutes (shifting halfway).

2. GET THE QUINOA POPPIN' Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. DRESSED TO IMPRESS In a salad bowl, combine the vinegar, 10ml of olive oil, seasoning, and 5ml of a sweetener. Mix until the sweetener is fully dissolved. Set aside.

4. COME GET SOME CRUMB! When the broccoli has 10 minutes remaining, prepare a shallow dish with the flour. Prepare two more dishes: one containing 1 egg whisked with 1 tbsp of water and another containing the breadcrumbs. Dip the drained feta block into the flour mixture, followed by the egg mixture, and finally into the breadcrumbs. Place a pan over a medium-high heat with enough oil to cover the base. When hot, add the crumbed feta block and fry until golden brown, 2 minutes per side. Remove and drain on a paper towel.

5. THE TOSS UP When the broccoli is done, remove from the oven and sprinkle over ½ the chilli flakes (to taste), the lemon zest, and a squeeze of lemon juice. Toss until fully coated. In the salad bowl with the dressing, add the rinsed salad leaves and the drained cannellini beans. Toss until fully coated in the dressing.

6. FAB FETA SUPPER! Make a bed of the quinoa and the dressed leaves and beans. Top with the roasted broccoli and the crumbed feta. Sprinkle over the chopped sundried tomato and the remaining chilli flakes (to taste). Serve with a lemon wedge. Dive in, Chef!



Chef's Tip

Air fryer method: Coat the broccoli in oil and season. Air fry at 200°C until crispy, 10-15 minutes.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 797kJ |
| Energy | 191kcal |
| Protein | 8.8g |
| Carbs | 20g |
| of which sugars | 2.9g |
| Fibre | 3.1g |
| Fat | 8.8g |
| of which saturated | 4.4g |
| Sodium | 319mg |

Allergens

Egg, Gluten, Dairy, Wheat, Sulphites

Cook
within 2
Days