



# UCOOK

## Three-Bean Salad & Chicken

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 pieces, 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

---

Laborie Estate | Laborie Sauvignon Blanc

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

2	Free-range Chicken Pieces
1	Onion <i>peel &amp; cut ½ into wedges</i>
100g	Green Beans <i>rinse &amp; slice half</i>
25ml	Classic Vinaigrette <i>(10ml Red Wine Vinegar, 5ml Dijon Mustard &amp; 10ml Honey)</i>
60g	Kidney Beans <i>drain &amp; rinse</i>
60g	Butter Beans <i>drain &amp; rinse</i>
1	Tomato <i>rinse &amp; roughly dice</i>
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
15ml	Pesto Princess Coriander & Chillli Pesto
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
50g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel. Place on a roasting tray along with the onion wedges. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. IT'S GREEN. AND IT'S A BEAN.** Place a pan over 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. PRESTO! GET THE PESTO** Loosen the pesto with oil in 5ml increments until drizzling consistency. Just before serving, toss the shredded salad leaves with the marinated bean salad.

**5. IT WAS MEANT TO BEAN, CHEF!** Make a bed of the flavourful three-bean salad. Top with the juicy chicken pieces and the 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 with the onion wedges, and season. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	425kJ
Energy	102kcal
Protein	7.6g
Carbs	7g
of which sugars	3.3g
Fibre	1.8g
Fat	4.6g
of which saturated	1.2g
Sodium	67mg

## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
3 Days