



# UCCOOK

## Cannellini & Sun-dried Tomato Bowl

with Danish-style feta & crispy croutons

**Hands-on Time:** 15 minutes

**Overall Time:** 15 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	548kJ	2281kJ
Energy	131kcal	545kcal
Protein	4.6g	19.2g
Carbs	17g	69g
of which sugars	5.6g	23.3g
Fibre	2.9g	12.2g
Fat	6.8g	28.1g
of which saturated	2.3g	9.4g
Sodium	373.1mg	1551.7mg

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120g	160g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
90g	120g	Pitted Green Olives <i>drain &amp; roughly chop</i>
360g	480g	Cannellini Beans <i>drain &amp; rinse</i>
300g	400g	Cucumber <i>rinse &amp; roughly dice</i>
8g	10g	Fresh Parsley <i>rinse &amp; roughly chop</i>
90ml	120ml	Lemon Vinaigrette <i>(45ml [60ml] Lemon Juice, 15ml [20ml] Olive Oil &amp; 30ml [40ml] Honey)</i>
90g	120g	Croutons
120g	160g	Danish-style Feta <i>drain</i>
2	2	Spring Onions <i>rinse, trim &amp; 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, the cucumber and the parsley. 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!