



# QCOOK

## Crumbed Feta & Broccoli Salad

with chilli flakes, quinoa & fresh salad leaves

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 3 & 4

**Chef:** Hannah Duxbury

**Wine Pairing:** Waterford Estate | Waterford Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 747kJ    | 3057kJ      |
| Energy             | 179kcal  | 731kcal     |
| Protein            | 8g       | 32.9g       |
| Carbs              | 21g      | 87g         |
| of which sugars    | 2.4g     | 9.9g        |
| Fibre              | 3.2g     | 13g         |
| Fat                | 7.3g     | 29.8g       |
| of which saturated | 3.4g     | 14g         |
| Sodium             | 343mg    | 1404mg      |

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

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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|          |            |   |
|----------|------------|---|
| Serves 3 | [Serves 4] |   |
| 300g     | 400g       | Broccoli Florets<br><i>rinse &amp; cut into bite-sized pieces</i> |
| 225ml    | 300ml      | Quinoa<br><i>rinse</i>  |
| 30ml     | 40ml       | Apple Cider Vinegar   |
| 45ml     | 60ml       | Cake Flour  |
| 60ml     | 80ml       | Panko Breadcrumbs   |
| 300g     | 400g       | Traditional Feta Blocks<br><i>drain</i>                           |
| 15ml     | 20ml       | Dried Chilli Flakes   |
| 45ml     | 60ml       | Lemon Juice   |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                  |
| 180g     | 240g       | Cannellini Beans<br><i>drain &amp; rinse</i>                      |
| 60g      | 80g        | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i>             |

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Egg/s  
Paper Towel  
Seasoning (salt & pepper)

- 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 cooked through and crisping up, 20-25 minutes (shifting halfway).
- 2. GET THE QUINOA POPPIN'** Place the rinsed quinoa in a pot with 450ml [600ml] 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, 30ml [40ml] of olive oil, seasoning, and 15ml [20ml] of 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 2 eggs whisked with 1 tbsp of water and another containing the breadcrumbs. Dip the feta blocks into the flour mixture, followed by the egg mixture, and, finally, into the breadcrumbs. Place a pan over medium-high heat with enough oil to cover the base. When hot, fry the feta blocks until golden brown, 2 minutes per side. Remove from the pan and drain on paper towel. You may need to do this step in batches.
- 5. THE TOSS UP** When the broccoli is done, remove from the oven and sprinkle over ½ the chilli flakes (to taste), seasoning, and drizzle over the lemon juice. Toss until fully coated. To the salad bowl with the dressing, add the salad leaves and the cannellini beans. Toss until coated.
- 6. FAB FETA SUPPER!** Make a bed of the quinoa and the salad. Top with the broccoli and the feta. Sprinkle over the sundried tomatoes and the remaining chilli flakes (to taste). Dive in, Chef!