



QCOOK

Salami & Tangy White Bean Salad

with cucumber & a honey-mustard dressing

Hands-on Time: 8 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

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 3	[Serves 4]	
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
180g	240g	Cannellini Beans <i>drain & rinse</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
3	4	Tomatoes <i>rinse & roughly dice</i>
15g	20g	Crispy Onion Bits
3 units	4 units	Sliced Pork Salami <i>roughly chop</i>
90ml	125ml	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!