



UCCOOK

Crumbed Feta & Broccoli Salad

with chilli flakes, quinoa & fresh salad leaves

Hands-on Time: 20 minutes

Overall Time: 35 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:

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

From Your Kitchen

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 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 block 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 block 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!