

# UCOOK

## Crumbed Bocconcini Salad

**with cannellini beans, baby tomatoes, cucumber & carrot ribbons**

If you're ever challenged to make a salad for someone that they've never tasted before, here's the answer, Chef! Rich cannellini beans, tangy tomato, refreshing cucumber & crunchy carrot are coated in a honey-mustard dressing. This, together with fresh greens, forms the base for panko breadcrumb-coated bocconcini cheese balls.

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Serves:** 1 Person

**Chef:** Kate Gomba

Veggie

Laborie Estate | Laborie Sauvignon Blanc  
2023

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



## Ingredients & Prep

20ml	Cake Flour
6	Bocconcini Balls <i>drain</i>
50ml	Panko Breadcrumbs
25ml	Honey-mustard Dressing <i>(2,5ml Dijon Mustard, 7,5ml Honey &amp; 15ml White Wine Vinegar)</i>
60g	Cannellini Beans <i>drain &amp; rinse</i>
80g	Baby Tomatoes <i>rinse &amp; cut in half</i>
50g	Cucumber <i>rinse &amp; roughly dice</i>
120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
20g	Salad Leaves <i>rinse</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel

**1. PREP** Whisk ½ of an egg in a shallow dish with a splash of water. Prepare two shallow dishes: one containing the flour (seasoned lightly), and one containing the breadcrumbs. Coat the bocconcini balls in the seasoned flour, then in the egg mixture, and then in the breadcrumbs. When coating in the breadcrumbs, press them into the bocconcini balls so they stick and coat evenly. Set aside in the fridge for 10-15 minutes.

**2. FRYING MOMENT** Place a pan over high heat with enough oil to shallow fry. When hot, fry the crumbed cheese until golden, 20-30 seconds (shifting occasionally). Remove from the pan, drain on paper towel, and season.

**3. SALAD** In a salad bowl, combine the honey-mustard dressing with 10ml of olive oil. Add the drained beans, the halved tomatoes, the diced cucumber, the carrot ribbons, and the rinsed green leaves. Toss to coat and season.

**4. DINNER IS READY** Bowl up the salad and top with the golden cheese balls. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	446kJ
Energy	107kcal
Protein	4.8g
Carbs	12g
of which sugars	3.7g
Fibre	2.1g
Fat	4.4g
of which saturated	2.8g
Sodium	82mg

## Allergens

Egg, Gluten, Wheat, Sulphites, Cow's Milk

Eat  
Within  
3 Days