



UCCOOK

Cannellini & Sun-dried Tomato Bowl

with Danish-style feta & crispy croutons

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

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 1	[Serves 2]	
40g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>
30g	60g	Pitted Green Olives <i>drain & roughly chop</i>
120g	240g	Cannellini Beans <i>drain & rinse</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
30ml	60ml	Lemon Vinaigrette <i>(15ml [30ml] Lemon Juice, 5ml [10ml] Olive Oil & 10ml [20ml] Honey)</i>
30g	60g	Croutons
40g	80g	Danish-style Feta <i>drain</i>
1	1	Spring Onion <i>rinse, trim & 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!