



UCCOOK

Walnut, Butter Bean & Dill Salad

with piquanté peppers

Hands-on Time: 8 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info	Per 100g	Per Portion
Energy	481kJ	1920kJ
Energy	115kcal	459kcal
Protein	4.3g	17.3g
Carbs	15g	58g
of which sugars	1.7g	6.9g
Fibre	3.1g	12.3g
Fat	4.3g	17.2g
of which saturated	0.8g	3g
Sodium	185mg	739mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Low Fat Plain Yoghurt
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
360g	480g	Butter Beans <i>drain & rinse</i>
120g	160g	Green Leaves <i>rinse & roughly shred</i>
300g	400g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Piquanté Peppers <i>drain</i>
90g	120g	Croutons
60g	80g	Walnuts <i>roughly chop</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. **DILL-ICIOUS YOGHURT** In a bowl, combine the yoghurt, ½ the dill, and seasoning.

2. **LOADED CRUNCHY LUNCH** In a separate bowl, combine the beans, the green leaves, the cucumber, the peppers and the croutons. Season. Dollop over the dill yoghurt. Scatter over the nuts and finish off the salad with the remaining dill.