



UCOOK

Three-Bean Salad & Chicken

with Danish-style feta, a pesto drizzle & fresh parsley

Our take on the classic three-bean salad combines meaty kidney beans, creamy butter beans & charred green beans. Topped with moreish chicken pieces, drizzles of pesto & salty crumbles of feta. Look at you, Chef!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Carb Conscious

Laborie Estate | Laborie Sauvignon Blanc

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Ingredients & Prep

6	Free-range Chicken Pieces
2	Onions <i>peel & cut 1½ into wedges</i>
300g	Green Beans <i>rinse & cut in half</i>
75ml	Classic Vinaigrette <i>(30ml Red Wine Vinegar, 15ml Dijon Mustard & 30ml Honey)</i>
180g	Kidney Beans <i>drain & rinse</i>
180g	Butter Beans <i>drain & rinse</i>
2	Tomatoes <i>rinse & roughly dice</i>
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>
45ml	Pesto Princess Coriander & Chillli Pesto
60g	Salad Leaves <i>rinse & roughly shred</i>
150g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey (optional)

1. ROAST Preheat the oven to 200°C. Pat the chicken pieces dry with paper towel. Place on a roasting tray along with the onion wedges. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. IT'S GREEN. AND IT'S A BEAN. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and set aside.

3. CLASSIC FOR A REASON In a salad bowl, combine the classic vinaigrette, a drizzle of olive oil, and seasoning. If the dressing is too strong for your liking, whisk in 1-2 tsp of sweetener. Toss through the drained kidney and butter beans, the charred green beans, the diced tomato, and ½ the chopped parsley. Cover and set aside to marinate in the fridge for at least 15-20 minutes.

4. PRESTO! GET THE PESTO Loosen the pesto with oil in 5ml increments until drizzling consistency. Just before serving, toss the shredded salad leaves with the marinated bean salad.

5. IT WAS MEANT TO BEAN, CHEF! Make a bed of the flavourful three-bean salad. Top with the juicy chicken pieces and the onion wedges. Drizzle with the loosened pesto. Scatter over the crumbled feta and garnish with the remaining parsley.



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil with the onion wedges, and season. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	425kJ
Energy	102kcal
Protein	7.6g
Carbs	7g
of which sugars	3.3g
Fibre	1.8g
Fat	4.6g
of which saturated	1.2g
Sodium	67mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
3 Days