



# UCOOK

## White Bean & Chorizo Salad

with baby marrow, bell pepper & lemon juice

White beans and pepper slices are marinated in a Spanish spice rub, olive oil, and fresh parsley. Once ready, these tasty gems are laid on top of a bed of dressed leaves and scattered with charred baby marrow and smoky, salty chorizo. All that's left to do is to crumble over feta and sprinkle over some pumpkin seeds.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Quick & Easy

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 Creation Wines | Creation Viognier

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## Ingredients & Prep

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40ml	NOMU Spanish Rub
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
480g	Cannellini Beans <i>drain &amp; rinse</i>
2	Bell Peppers <i>rinse, deseed &amp; cut into strips</i>
120g	Sliced Pork Chorizo
800g	Baby Marrow <i>rinse, trim &amp; cut into 1cm thick rounds</i>
80g	Green Leaves <i>rinse</i>
40ml	Lemon Juice
120g	Danish-style Feta <i>drain &amp; crumble</i>
40g	Pumpkin Seeds

## From Your Kitchen

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

**1. MAKE THE MARINADE** In a bowl, combine the NOMU rub, a drizzle of olive oil, ½ the chopped parsley, and seasoning. Toss through the drained beans and the pepper slices. Set aside to marinate.

**2. FRY THE CHORIZO** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chorizo until golden, 2-3 minutes (shifting as it colours). Remove from the pan and drain on paper towel. Roughly chop.

**3. CHARRED MARROWS** Return the pan to medium-high heat with a drizzle of oil (if necessary). When hot, fry the baby marrow rounds until charred but still al dente, 3-4 minutes (shifting occasionally). Remove from the pan and season.

**4. FRESH & SIMPLE** In a salad bowl, combine the rinsed green leaves, a drizzle of the lemon juice (to taste), a drizzle of olive oil, and seasoning.

**5. SERVE THAT SALAD!** Make a bed of the dressed leaves and scatter over the marinated beans & peppers. Top with the charred baby marrow and the chorizo. Crumble over the drained feta and sprinkle over the pumpkin seeds. Garnish with the remaining parsley. Delish, Chef!



## Chef's Tip

If you would like to toast the pumpkin seeds, place them in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally).

## Nutritional Information

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Per 100g

Energy	332kj
Energy	79kcal
Protein	4.6g
Carbs	8g
of which sugars	2.1g
Fibre	2.8g
Fat	3.4g
of which saturated	1.5g
Sodium	254mg

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## Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Cook  
within  
4 Days