



UCOOK

Warm Zucchini & Chorizo Salad

with blistered cherry tomatoes

A mouthwatering salad medley, Chef! Featuring salty chorizo, charred zucchini strips, blistered baby tomatoes & rich kidney beans. Served on a bed of fresh salad greens and drizzled with a honey-mustard dressing. A quick, easy dinner that's even quicker and easier to devour.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Jenna Peoples

Quick & Easy

Groote Post Winery | Groote Post Riesling

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Ingredients & Prep

160g	Baby Tomatoes <i>rinse</i>
240g	Kidney Beans <i>drain & rinse</i>
200g	Zucchini <i>rinse, trim & cut into 1cm thick strips</i>
80g	Salad Leaves <i>rinse & roughly shred</i>
60g	Sliced Pork Chorizo <i>roughly chop</i>
100ml	Honey Mustard Dressing

From Your Kitchen

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

1. BABY TOMATOES & BEANS Place a pan over medium heat with a drizzle of oil. When hot, char the baby tomatoes until blistered, 3-4 minutes. In the final minute, add a sweetener (to taste) and seasoning. Add the drained kidney beans and fry until warmed through, 1-2 minutes.

2. ZUCCHINI Place a pan or griddle pan over medium heat with a drizzle of oil. When hot, fry the zucchini strips until charred, 3-4 minutes per side. Remove from the pan and season.

3. HONEY, I ATE THE SALAD Plate up the shredded leaves. Top with the charred tomato & bean mix, the fried marrow strips, and the chopped chorizo. Drizzle over the honey mustard dressing (to taste), and season.

Nutritional Information

Per 100g

Energy	439kJ
Energy	105kcal
Protein	5.2g
Carbs	7g
of which sugars	2.7g
Fibre	2.9g
Fat	5.1g
of which saturated	0.9g
Sodium	170mg

Allergens

Allium, Sulphites, Alcohol

Eat
Within
3 Days