

# UCOOK

## Beef Schnitty & Three Bean Salad

with a classic vinaigrette & Danish-style feta

Good things come in threes, and this recipe proves it with a delicious three-bean medley of kidney, butter & black beans, all tossed in a red wine vinegar & Dijon mustard vinaigrette. Completed with a serving of butter-basted beef and finished with crumblyings of creamy feta and dollops of pesto. A quick win in the kitchen, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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 Quick & Easy

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 No paired wines

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## Ingredients & Prep

45ml	Classic Vinaigrette <i>(30ml Red Wine Vinegar &amp; 15ml Dijon Mustard)</i>
1	Red Onion <i>¾ peeled &amp; finely sliced</i>
180g	Black Beans <i>drained &amp; rinsed</i>
180g	Kidney Beans <i>drained &amp; rinsed</i>
180g	Butter Beans <i>drained &amp; rinsed</i>
2	Tomatoes <i>1½ roughly diced</i>
12g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
45ml	Pesto Princess Coriander & Chilli Pesto
60g	Green Leaves <i>rinsed &amp; roughly shredded</i>
450g	Free-range Beef Schnitzel (without crumb)
30ml	NOMU One For All Rub
90g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. BEAN SALAD** In a salad bowl, combine the classic vinaigrette, a drizzle of olive oil, and season. If the dressing is too strong for your liking, whisk in a sweetener. Add the drained kidney beans, the black beans, the butter beans, the diced tomato, the sliced onions (to taste), and ½ the chopped parsley. Toss until combined. Cover and set aside to marinate in the fridge for 15-20 minutes.

**2. LOOSEN THE PESTO** Loosen the pesto with oil in 5ml increments until drizzling consistency. Set aside. Just before serving, toss the shredded green leaves through the marinated bean salad.

**3. SIZZLING SCHNITZ** Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, cut into chunks, and season. You may need to do this step in batches.

**4. TIME TO EAT** Make a bed of the flavourful three-bean salad. Scatter over the juicy beef chunks and drizzle over the loosened pesto. Crumble over the drained feta and garnish with the remaining parsley.

## Nutritional Information

Per 100g

Energy	441kJ
Energy	106kcal
Protein	9.7g
Carbs	7g
of which sugars	1.5g
Fibre	2.4g
Fat	3.6g
of which saturated	1.3g
Sodium	218mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days