

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!


Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 No paired wines

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Ingredients & Prep

15ml	Classic Vinaigrette <i>(10ml Red Wine Vinegar & 5ml Dijon Mustard)</i>
1	Red Onion <i>¼ peeled & finely sliced</i>
60g	Black Beans <i>drained & rinsed</i>
60g	Kidney Beans <i>drained & rinsed</i>
60g	Butter Beans <i>drained & rinsed</i>
1	Tomato <i>½ roughly diced</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
15ml	Pesto Princess Coriander & Chilli Pesto
20g	Green Leaves <i>rinsed & roughly shredded</i>
150g	Free-range Beef Schnitzel (without crumb)
10ml	NOMU One For All Rub
30g	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 SCHNITTY 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.

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