



# UCOOK

## Cannellini Bean & Salami Salad

**with cucumber & a honey-mustard dressing**

Every year, you'll spend over 2 000 hours on work. Luckily, that also means 2 000 chances to have a super satisfying UCOOK lunch, like this rich cannellini bean, salty chorizo, & tangy tomato salad, made with honey-mustard dressing.

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**Hands-on Time:** 5 minutes

**Overall Time:** 5 minutes

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**Serves:** 4 People

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**Chef:** Samantha du Toit

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**\*New Lunch**

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## Ingredients & Prep

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160g	Salad Leaves <i>rinse &amp; roughly shred</i>
240g	Cannellini Beans <i>drain &amp; rinse</i>
200g	Cucumber <i>rinse &amp; roughly dice</i>
4	Tomatoes <i>rinse &amp; roughly dice</i>
80ml	Crispy Onion Bits
4 units	Sliced Pork Salami <i>roughly chop</i>
160ml	Honey Mustard Dressing

## From Your Kitchen

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Salt & Pepper  
Water

**1. TOSS & TOP** In a bowl, toss together the shredded salad leaves, the drained beans, the diced cucumber, the diced tomato, and the crispy onion bits. Top with the chopped salami and drizzle over the honey-mustard dressing. Stunning, Chef!

## Nutritional Information

Per 100g

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Energy	566kJ
Energy	135kcal
Protein	4.5g
Carbs	8g
of which sugars	2.9g
Fibre	3.1g
Fat	9.6g
of which saturated	2.5g
Sodium	388.1mg

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## Allergens

Gluten, Allium, Wheat, Sulphites, Soy,  
Cow's Milk

Eat  
Within  
3 Days