



U^UCOOK

Walnut, Butter Bean & Dill Salad

with piquanté peppers

Hands-on Time: 8 minutes

Overall Time: 15 minutes

Lunch: Serves 3 & 4

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	454kJ	1812kJ
Energy	109kcal	433kcal
Protein	4.1g	16.5g
Carbs	14g	54g
of which sugars	1.8g	7.1g
Fibre	2.4g	9.6g
Fat	4g	16.1g
of which saturated	0.6g	2.5g
Sodium	181mg	721mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Couscous
125ml	160ml	Low Fat Plain Yoghurt
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
180g	240g	Butter Beans <i>drain & rinse</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Piquanté Peppers <i>drain</i>
60g	80g	Walnuts <i>roughly chop</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. **DILL-ICIOUS YOGHURT** In a bowl, combine the yoghurt, ½ the dill, and seasoning.

2. **LOADED CRUNCHY LUNCH** In a separate bowl, combine the beans, the salad leaves, the cucumber, the peppers and the croutons. Season. Dollop over the dill yoghurt. Scatter over the nuts and finish off the salad with the remaining dill.