



Mediterranean salad

with YAY! feta



Make this dish within 5 days of receiving your meal kit



Cooking equipment: none



Pantry items needed: none



Hands-on: 15-20 minutes
Ready in: 15-20 minutes



Serves: 2 or 4

This Greek-style salad features a delicious mix of fresh vegetables and kalamata olives. Cannellini beans make this dish complete by adding protein and sustenance. Topped with handmade YAY! feta and Greek lemon dressing, the flavours will make you feel like you just landed on a Greek island!

NO ADDED GLUTEN | CALORIE SMART | *Quick & easy (20 mins or less)*

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Cannellini beans	1 can	2 cans
Cherry tomatoes	125g	250g
Cucumber	100g	200g
Capsicum	150g	300g
Onion	60g (half)	60g
Parsley	20g	40g
Baby spinach	35g	70g
Kalamata olives	50g	100g
Greek lemon dressing	25g	50g
YAY! feta	50g	100g

*Pantry items

Allergens and ingredients

Allergens: soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare ingredients

Drain and rinse **cannellini beans**. Slice **cherry tomatoes** in half. Thinly slice **cucumber** and **capsicum**. Thinly slice **onion** (**½ for 2 serves** and **1 for 4 serves**). Remove lower stems of **parsley** and finely chop remaining. Roughly chop **baby spinach**. Halve **olives**.

2. Mix salad

In a large bowl, add **beans, tomatoes, cucumber, capsicum, shallot, parsley, baby spinach, olives** and **Greek lemon dressing** and toss to combine.

3. Serve

Serve **Mediterranean salad** topped with **YAY! feta**.

Eat your way to healthy!



White beans such as cannellini are a nutritional powerhouse with particularly high levels of vitamin B9, copper, magnesium and iron. Beans are loaded with protein, reducing the hunger hormone and contributing to a healthy body weight.

They also provide ample fibre with 1 cup being nearly half of your daily requirement. The insoluble fibre will support your digestion by fuelling your good bacteria and absorb bad cholesterol.

Nutritional information*

	Per 440g serve	Per 100g
Energy	1287kJ (308Cal)	292kJ (70Cal)
Protein	12.0g	2.7g
Fat, total	15.9g	3.6g
- Saturated	7.3g	1.7g
Carbohydrate	21.6g	4.9g
- Sugars	9.2g	2.1g
Sodium	776mg	176mg

* Nutritional information is based on averages