PERUVIAN · LUNCH · SIDE

Solterito de Queso: Peruvian Bean and Cheese Salad

35 min · Serves 4 · 348 kcal a serve · Video 5:08 · SONQU

Vegetarian · Gluten-free ingredients · No nuts listed

A fresh vegetarian salad: each serve gives about 15 g protein and 7 g fibre from broad beans, corn and fresh cheese, plus calcium from the cheese. Olives and cheese make it salty, so go easy on extra salt.

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Ingredients 17 · SERVES 4

- [ ] 9 oz peeled fresh broad (fava) beans
- [ ] 9 oz **queso fresco**, cut into ½ inch cubes
- [ ] 1 cup shelled Peruvian corn (choclo) kernels
- [ ] 1 tbsp **sugar**, for the corn cooking water (most is drained away)
- [ ] **aniseed** (anís), 1 small sachet, for the corn cooking water
- [ ] 1 **onion**, cut into ½ inch dice
- [ ] 2 **tomatoes**, peeled, seeded and diced
- [ ] 3½ oz **pitted olives**, sliced
- [ ] **rocoto chilli** to taste (about ¼), seeded and diced
- [ ] chopped **parsley**
- [ ] a pinch of **dried oregano** (optional)
- [ ] 2 tbsp **red wine vinegar**
- [ ] a splash of **olive oil** (about 1 tbsp)
- [ ] 1 **lime** (limón), juiced: a squeeze for the corn water, the rest for the dressing
- [ ] **salt** to taste
- [ ] **pepper** to taste
- [ ] a few **lettuce leaves**, to serve

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Boil the corn kernels for 15 minutes with the sugar, a squeeze of lime and the aniseed in the water, then discard the aniseed, drain and cool the corn in iced water. 0:10
2. Blanch the peeled broad beans in salted boiling water for 4 minutes so they stay al dente, then cool in iced water. Handle them gently. 0:40
3. Soak the diced onion in water for 10 minutes to soften its bite, then rinse twice and drain. Peel and seed the tomatoes and dice them; seed and dice the rocoto (remove the white veins for less heat). 1:41
4. Cut the cheese into ½ inch cubes and slice the pitted olives. 1:05
5. In a large bowl mix the onion, tomato, corn, cheese, rocoto and parsley (and a little oregano if you like), then dress with the vinegar, salt, pepper, oil and lime juice. Taste, then gently fold in the broad beans and olives. 2:56
6. Serve on lettuce leaves with a little more parsley. 3:58

> **Tip** Serves about 4 as a light lunch (our estimate). Frozen broad beans work well. If you can't find queso fresco, use a mild feta or ricotta salata. Keeps a day in the fridge – add the beans just before serving.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
348 kcal 1,460 kJ	15 g 30% of a day	30 g 23 g net · 12 g sugars 11% of a day
FIBRE	**FAT**	**SODIUM**
7.1 g 25% of a day	20 g 10 g saturated 26% of a day	1,150 mg 50% of a day

Energy from net carbs 28% · protein 18% · fat 54%

High in (20%+ of a day) Vitamin K 69% · Vitamin B12 44% · Vitamin C 36% · Vitamin B6 33% · Calcium 29% · Zinc 28% · Folate 27% · Vitamin A 24% · Selenium 20%

Source of (10–19%) Iron 17% · Omega-3 16% · Magnesium 15% · Vitamin E 15% · Potassium 12%

⚠ One serve has about 50% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: SONQU (@sonqu) on YouTube — youtube.com/watch?v=8JOqkbiUczk, published 14 March 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/solterito-de-queso-peruvian-salad