

UCOOK

Festive Peaches & Quinoa

with raspberry-marinated stone fruit & sourdough croutons

Feel the holiday spirit with these festive colours & flavours: the greens of kale & fresh mint and the reds of beetroot, cranberries, and red guinoa. A vibrant, nutritious meal with the indulgence of creamy goat's cheese, crunchy croutons, and summery marinated fruit!

Hands-on Time: 25 minutes

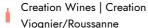
Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd



Veggie



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Ingredients & Prep

1

75ml

50g

4g

200g Beetroot rinsed, trimmed, peeled (optional) & cut into bite-sized pieces

> Peach 1/2 rinsed & cut into wedges

30ml Festive Dressing (10ml Honey & 20ml Raspberry Vinegar)

Quinoa

rinsed 5ml Vegetable Stock Kale

rinsed & roughly shredded Sourdough Baguette ½ cut into bite-sized pieces

1 Garlic Clove peeled & grated

> Fresh Mint rinsed, picked & finely sliced

Dried Cranberry Mix

25g Chevin Goat's Cheese 15g Pumpkin Seed, Walnut &

From Your Kitchen

Oil (cooking, olive or coconut) Salt & Pepper Water Paper Towel

salad.

sliced mint. Well done, Chef!

1. JUST BEET IT & GET MARINATING! Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). In a bowl, toss the stone fruit wedges with the festive dressing and 2 tsp of olive oil. Set aside.

2. QUICK ON THE QUINOA Place the rinsed guinoa in a pot with 150ml of salted water and the veg stock. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out. 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. FRY THE KALE When the beetroot has 10 minutes remaining, place

the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 2-3 minutes. Remove from the pan, place in a bowl, and cover. 4. FLAVOURED CROUTONS Toss the bread chunks in a drizzle of olive

oil, the grated garlic, and seasoning. Return the pan to medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally).

Remove from the pan and drain on paper towel. 5. THROW IT ALL TOGETHER! Add the roast beets, the cooked guinoa, and 34 of the sliced mint to the bowl of kale. Drain the dressing from the marinated stone fruit and toss the dressing through the guinoa

6. STUNNING SALAD Dish up a hearty plate of green and red guinoa salad and crumble over the creamy goat's cheese. Lay over the marinated stone fruit and scatter with the garlicky croutons. Finish off with sprinklings of the pumpkin seed, walnut & dried cranberry mix and the remaining



Air fryer method: Coat the beetroot pieces in oil and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100a

Energy	572k
Energy	137kca
Protein	5.29
Carbs	22g
of which sugars	5.29
Fibre	2.8g
Fat	2.79
of which saturated	0.89
Sodium	239mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

> Cook within 4 Days