



UCCOOK

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 quinoa. 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

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

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|------|--|
| 200g | Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i> |
| 1 | Peach <i>½ rinsed & cut into wedges</i> |
| 30ml | Festive Dressing <i>(10ml Honey & 20ml Raspberry Vinegar)</i> |
| 75ml | Quinoa <i>rinsed</i> |
| 5ml | Vegetable Stock |
| 50g | Kale <i>rinsed & roughly shredded</i> |
| 1 | Sourdough Baguette <i>½ cut into bite-sized pieces</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 4g | Fresh Mint <i>rinsed, picked & finely sliced</i> |
| 25g | Chevin Goat's Cheese |
| 15g | Pumpkin Seed, Walnut & Dried Cranberry Mix |

From Your Kitchen

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

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 quinoa 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 quinoa, and ¾ of the sliced mint to the bowl of kale. Drain the dressing from the marinated stone fruit and toss the dressing through the quinoa salad.

6. STUNNING SALAD Dish up a hearty plate of green and red quinoa 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 sliced mint. Well done, Chef!



Chef's Tip

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 100g

| | |
|--------------------|---------|
| Energy | 572kJ |
| Energy | 137kcal |
| Protein | 5.2g |
| Carbs | 22g |
| of which sugars | 5.2g |
| Fibre | 2.8g |
| Fat | 2.7g |
| of which saturated | 0.8g |
| Sodium | 239mg |

Allergens

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

Cook
within
4 Days