



UCOOK

Blissful Berry & Blue Cheese Salad

with juicy blueberries, honey walnuts, roasted beetroot & rich blue cheese

A truly wonderful fusion salad, boasting an array of amazing ingredients! Fresh blueberries, crunchy nuts, tender beetroot and a rich cheese are laid out over bright green leaves, each element playing its part in making this salad a perfectly balanced taste explosion!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jeannette Joynt

 Vegetarian

 Robertson Winery | Cabernet Sauvignon

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Ingredients & Prep

450g	Beetroot Chunks <i>cut into bite-sized pieces</i>
60g	Walnuts <i>roughly chopped</i>
90ml	Honey
15ml	Ground Cinnamon
15ml	Dijon Mustard
2	Lemons <i>1½ cut into wedges</i>
2	Pears <i>rinsed & cut into thin wedges</i>
1	Red Onion <i>¾ peeled & thinly sliced</i>
120g	Green Leaves <i>rinsed</i>
375g	Blueberries <i>rinsed</i>
225g	Blue Cheese

From Your Kitchen

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

1. BEETROOT JEWELS Preheat the oven to 200°C. Place the beetroot pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy.

2. HONEY WALNUTS Thoroughly grease a flat tray or dish. Place the chopped walnuts in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Set aside and return the pan to the heat. Add the honey and the cinnamon, and mix until fully combined. Allow to bubble for 2 minutes until foamy and darker in colour, swirling the pan occasionally. Don't let it cook for too long, or it'll burn! Remove the pan from the heat and stir in 2 tsp of butter – be careful, it'll be hot. Working quickly, mix in the walnuts until coated. Evenly pour onto the greased tray, sprinkle with salt, and pop in the fridge to cool.

3. GET DRESSED! When the beetroot is done; in a salad bowl, combine the Dijon mustard, a squeeze of lemon juice, 30ml of olive oil, and some seasoning. Add the roasted beetroot, the pear wedges, and the sliced onion (to taste). Toss until fully combined.

4. LET'S MAKE SOME SALAD MAGIC Make a bed of rinsed green leaves. Top with the dressed salad and sprinkle over the rinsed blueberries. Finish off with a crumble of blue cheese and a scatter of the candied walnuts. Serve with any remaining lemon wedges. Fresh and fabulous, Chef!



Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	503kj
Energy	120Kcal
Protein	3.5g
Carbs	15g
of which sugars	9.9g
Fibre	3g
Fat	5.1g
of which saturated	2.2g
Sodium	5mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 1
Day