



UCCOOK

Apple & Nut Bulgur Salad

with cashew nut cream cheese & dried cranberries

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Alex Levett

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	696kJ	3069kJ
Energy	167kcal	734kcal
Protein	4.5g	20g
Carbs	27g	118g
of which sugars	9g	39.6g
Fibre	4.5g	19.7g
Fat	5.2g	23.1g
of which saturated	0.9g	4g
Sodium	107mg	471mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Bulgur Wheat <i>rinse</i>
60g	80g	Cashew Nuts <i>roughly chop</i>
15ml	20ml	Dijon Mustard
45ml	60ml	Golden Syrup
45ml	60ml	Lemon Juice
150ml	200ml	Cashew Nut Cream Cheese
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>
3	4	Apples <i>rinse</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Green Leaves <i>rinse</i>
3	4	Celery Stalks <i>rinse & thinly slice</i>
30g	40g	Dried Cranberries

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

- 1. SIMMER** Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain (if necessary), fluff with a fork, and set aside.
- 2. TOAST** Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. DRESSING** In a bowl, combine the Dijon mustard, the golden syrup (to taste), the lemon juice (to taste) and 60ml [80ml] of olive oil. In a small bowl, combine the cashew nut cream cheese with ½ the dill, and season.
- 4. ALWAYS BETTER TOGETHER** Slice the apple into thin wedges and place in a salad bowl. Add the cooked bulgur, all the leaves, the celery, and the golden syrup & mustard dressing (to taste). Toss until fully combined.
- 5. TASTE THE AUTUMN VIBES** Plate up a heaping helping of the beautiful salad. Garnish with dollops of dill-cashew nut cream cheese, the toasted nuts, the dried cranberries, and the remaining dill. Enjoy, Chef!