

UCOOK



Creation's Watermelon & Feta Salad

with fresh mint & pita bread chunks

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Creation Winery

Wine Pairing: Creation Wines | Creation Fine Cape Vintage

Nutritional Info	Per 100g	Per Portion
Energy	635kJ	3046kJ
Energy	152kcal	728kcal
Protein	4.9g	23.5g
Carbs	21g	102g
of which sugars	7.2g	34.6g
Fibre	2.1g	10.2g
Fat	5g	23.8g
of which saturated	2.1g	9.9g
Sodium	253mg	1215mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1 [Serves 2]

15g	30g	Almonds
30ml	60ml	Low Fat Plain Yoghurt
50g	100g	Danish-style Feta <i>drain & crumble</i>
10ml	20ml	Lemon Juice
1	2	Pita Bread/s
100g	200g	Watermelon Cubes <i>cut into bite-sized pieces</i>
100g	200g	Cucumber <i>rinse & finely dice</i>
3g	5g	Fresh Mint <i>rinse, pick & finely chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
15g	30g	Dried Cranberries
20g	40g	Pickled Onions <i>drain & roughly slice</i>
20ml	40ml	Balsamic Reduction

- 1. ALL THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 2. ZESTY YOGHURT** In a small bowl, mash together the yoghurt and ½ the feta with a fork. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Mix through the lemon juice (to taste) and seasoning. Set aside.
- 3. TOASTY PITAS** Place a clean pan over medium heat. When hot, toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave for 30-60 seconds. Cut into bite-sized pieces and set aside.
- 4. CELEBRATION OF COLOUR** In a salad bowl, combine the watermelon, the cucumber, the remaining feta, the mint, the salad leaves, the cranberries, ½ the nuts, the pickled onions, the pita chunks, a drizzle of olive oil, and seasoning.
- 5. SO REFRESHING!** Serve up the deliciously fresh summer salad and drizzle with the lemon-laced whipped yoghurt & feta dip. Garnish with the remaining nuts and the balsamic reduction.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Blender