



UCOOK

Sweet Nectar Strawberry & Quinoa Salad

with quinoa, feta cheese & Rootstock beetroot crisps

Seen in Ancient Rome as the symbol of Venus, the goddess of love, the strawberry has always been the best fruit for a romantic evening.

This salad offers delightful freshness and subtle warmth, with succulent & sweet strawberries, roasted in honey and spread over chickpea & quinoa. Finished with creamy feta cheese, a crunch of beetroot crisps, and a raspberry dressing. It's the berry best salad!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

 Veggie

 Paserene | Rosie Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Fresh Strawberries
120ml	Sweet Nectar Marinade (80ml Raspberry Vinegar & 40ml Honey)
480g	Chickpeas <i>drained & rinsed</i>
300ml	White Quinoa
80g	Salad Leaves <i>rinsed</i>
200g	Cucumber <i>finely diced</i>
80g	Radish <i>rinsed & thinly sliced into rounds</i>
160g	Danish-style Feta <i>drained & crumbled</i>
12g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
100g	Rootstock Beetroot Crisps

From Your Kitchen

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

1. ROAST STRAWBS & CHICKPEAS

Preheat the oven to 180°C. Remove the leaves from the strawberries, keeping the stems intact for decorative effect. Wipe the flesh with a damp cloth to remove any fur. Slice in half lengthways and place on a roasting tray, cut-side down. Pour over the sweet nectar marinade and set aside to marinate. Place the drained chickpeas on a separate roasting tray, coat in oil, and season to taste. Spread out in a single layer and roast in the hot oven for 30-35 minutes until crispy. At the halfway mark, give the chickpeas a shift and pop the tray of marinated strawberries in the oven. Cook for the remaining roasting time until heated through and juicy. Remove both trays from the oven on completion.

2. PERFECT QUINOA Rinse the quinoa and place in a pot. Submerge in 800ml of water, place over a medium-high heat, and bring to a simmer with the lid off. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. DELISH DRESSING When the quinoa and chickpeas are ready, place in a bowl with the rinsed salad leaves. Toss together with the diced cucumber. To make the sweet nectar dressing, drain the juices from the tray of cooked strawberries into a bowl. Add in a drizzle of olive oil, whisk until combined, and season to taste.

4. WARM, FRESH, DELIGHTFUL Make a bed of dazzling quinoa salad and cover with the roast strawberries. Scatter with the sliced radish and top with feta cheese crumble. Garnish with the fresh, sliced mint and drizzle over the sweet nectar dressing. Finish off with a crumble of handmade beetroot crisps. Simply delicious, Chef!

Nutritional Information

Per 100g

Energy	796kj
Energy	190kcal
Protein	6.7g
Carbs	27g
of which sugars	11.5g
Fibre	4g
Fat	5.9g
of which saturated	2.4g
Sodium	123mg

Allergens

Dairy, Sulphites

Cook
within 2
Days