

UCOOK

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 guinoa. A vibrant, nutritious meal with the indulgence of creamy goat's cheese, crunchy croutons, and summery marinated fruit!

Hands-on Time: 45 minutes

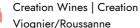
Overall Time: 60 minutes

Serves: 4 People

Chef: Lauren Todd



Veggie



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Ingredients & Prep

800g Beetroot rinsed, trimmed, peeled (optional) & cut into bite-sized pieces 2

Peaches rinsed & cut into wedges

120ml Festive Dressing (40ml Honey & 80ml Raspberry Vinegar)

Quinoa

rinsed 20_ml Vegetable Stock

300ml

15g

200g Kale rinsed & roughly shredded

Sourdough Baguettes 2 cut into bite-sized pieces

Garlic Cloves peeled & grated

> Fresh Mint rinsed, picked & finely sliced

90g Chevin Goat's Cheese 60g Pumpkin Seed, Walnut &

Dried Cranberry Mix

From Your Kitchen

Paper Towel

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

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, 35-40 minutes (shifting halfway). In a bowl, toss the stone fruit wedges with the festive dressing and 2 tbsp of

olive oil. Set aside.

2. QUICK ON THE QUINOA Place the rinsed guinoa in a pot with 600ml 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, 3-5 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, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

5. THROW IT ALL TOGETHER! Add the roast beets, the cooked guinoa, and 34 of the sliced mint to the bowl of kale. Drain the dressing from the marinated stone fruit and toss the dressing through the guinoa salad.

6. STUNNING SALAD Dish up hearty plates of green and red guinoa 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!



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 100a

| Energy | 572k |
|--------------------|--------|
| Energy | 137kca |
| Protein | 5.29 |
| Carbs | 22g |
| of which sugars | 5.29 |
| Fibre | 2.8g |
| Fat | 2.7g |
| of which saturated | 0.89 |
| Sodium | 239mg |

Allergens

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

> Cook within 4 Days