



UCOOK

Bacon Ranch Sub

with a nutty leaf salad

Short for a submarine sandwich, this crispy bacon, caramelised onion & melted cheese sub is simply superb, Chef! Sided with a toasted almond, cooling cucumber & fresh greens salad. Before you dive in, remember to submerge the dish in the delicious ranch dressing.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Jade Summers

Simple & Save

Stettyn Wines | Stettyn Family Range Shiraz
2021

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Ingredients & Prep

2	Onions <i>peel & roughly slice 1½</i>
30g	Almonds <i>roughly chop</i>
12 strips	Streaky Pork Bacon
3	Sourdough Baguettes
120g	Grated Mozzarella & Cheddar Cheese
150g	Cucumber <i>rinse & cut into half-moons</i>
60g	Green Leaves <i>rinse</i>
150ml	Ranch Dressing <i>(90ml Low Fat Plain Yoghurt, 37,5ml Buttermilk & 22,5ml Wholegrain Mustard)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. CARAMELISED ONIONS Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

2. A IS FOR 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.

3. YOU CAN'T BEAT BACON Return a pan to medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

4. WHAT'SUB? Cut the top of the baguettes lengthways - don't cut all the way through! Stuff with the chopped bacon, the caramelised onion, and the cheese. Place the baguettes directly onto a hot oven rack and an oven proof dish with water onto the oven floor. Bake until the cheese has melted and crispy, 8-10 minutes.

5. NUTTY SALAD In a bowl, combine the cucumber half-moons, the rinsed leaves, the toasted nuts, a drizzle of olive oil, and seasoning.

6. SENSATIONAL SUB Plate up the nutty leaf salad, and side with the toasted sub. Drizzle over the ranch dressing, and enjoy.



Chef's Tip

Air fryer method: Place the stuffed baguette/s in the airfryer. Air fry at 200°C until the cheese has melted and the baguette is crispy, 5-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	726kj
Energy	174kcal
Protein	7.9g
Carbs	19g
of which sugars	3.4g
Fibre	1.6g
Fat	7.2g
of which saturated	2.6g
Sodium	324mg

Allergens

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

Eat
Within
4 Days