



UCOOK

Apple, Walnut & Quinoa Salad

with dill-crusted goat's cheese & fresh green leaves

This lovely summery salad is the perfect meal to savour on your outdoor patio with a chilled glass of wine or to enjoy at a picnic with friends. It's loaded with crunchy apple slices, toasted walnuts, herby goat's cheese slices encrusted in dill, dried cranberries, fluffy quinoa and green leaves, all coated in a golden syrup & mustard dressing.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Alex Levett

 Veggie

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

225ml	White Quinoa
60g	Walnuts
15ml	Dijon Mustard
45ml	Golden Syrup
2	Lemons <i>1½ cut into wedges</i>
12g	Fresh Dill <i>rinsed, picked & finely chopped</i>
150g	Chevin Goat's Cheese
2	Apples <i>rinsed</i>
60g	Green Leaves <i>rinsed & roughly shredded</i>
60g	Spinach <i>rinsed</i>
3	Celery Stalks <i>finely sliced</i>
60g	Dried Cranberries

From Your Kitchen

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

1. KEEN ON SOME QUINOA? Rinse the quinoa and place in a pot. Submerge in 600ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes. Season to taste.

2. WHERE'S WALLY? Place the walnuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and roughly chop.

3. ROLL IT IN DILL-ICIOUSNESS In a bowl, place the Dijon mustard, the golden syrup, the juice from 3 lemon wedges, and 60ml of olive oil. Mix until fully combined. Place $\frac{3}{4}$ of the chopped dill on a chopping board, and spread out in a single layer. Place the goat's cheese on the dill and gently roll until fully coated. On completion, slice into rounds.

4. ALWAYS BETTER TOGETHER Slice $1\frac{1}{2}$ of the apples into thin wedges and place in a salad bowl. Add the cooked quinoa, rinsed green leaves, rinsed spinach, sliced celery, and the golden syrup & mustard dressing (to taste). Toss until fully combined.

5. TASTE THE SUMMER VIBES Plate up a heaping helping of the beautiful salad. Garnish with the herb crusted goat's cheese rounds, the toasted walnuts, the dried cranberries and the remaining dill. Serve with a lemon wedge. Yum!



Chef's Tip

To cut the goat's cheese slices cleanly and smoothly, fill a tall glass with boiling water. Dip a knife into the boiling water and slice through your goat's cheese with ease! Repeat between each slice for picture-perfect slices.

Nutritional Information

Per 100g

Energy	757kJ
Energy	181kcal
Protein	5.6g
Carbs	25g
of which sugars	9.7g
Fibre	3.9g
Fat	7.1g
of which saturated	2.2g
Sodium	101mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within
4 Days