



# UCCOOK

## Crispy Bacon Salad

with a creamy mustard dressing

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Jenna Peoples

**Wine Pairing:** Nitída | Riesling

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 541kJ    | 3374kJ      |
| Energy             | 129kcal  | 807kcal     |
| Protein            | 6g       | 37.2g       |
| Carbs              | 10g      | 64g         |
| of which sugars    | 1.7g     | 10.9g       |
| Fibre              | 1.1g     | 6.6g        |
| Fat                | 6.8g     | 42.7g       |
| of which saturated | 2.4g     | 15.2g       |
| Sodium             | 244mg    | 1523mg      |

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 3  | [Serves 4] |   |
|-----------|------------|---|
| 750g      | 1kg        | Baby Potatoes<br><i>rinse</i>   |
| 12 strips | 16 strips  | Streaky Pork Bacon  |
| 150g      | 200g       | Corn  |
| 300g      | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>   |
| 60g       | 80g        | Green Leaves<br><i>rinse</i>  |
| 2         | 2          | Spring Onions<br><i>rinse, trim &amp; finely slice</i>  |
| 240ml     | 320ml      | Creamy Mustard<br><i>(225ml [300ml] Low Fat Plain Yoghurt &amp; 15ml [20ml] Wholegrain Mustard)</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. BABY POTATOES** Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain the potatoes. Spread them on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. CRISPY BACON** Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop the bacon and set it aside.

**3. CHARRED CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SENSATIONAL SALAD** To a bowl, add the cucumber, the bacon, the corn, the green leaves and ½ the spring onion. Season and mix well. Place the creamy mustard in another small bowl. Loosen with water in 5ml increments until drizzling consistency.

**5. NEXT-LEVEL NOSH** Plate up the crispy potatoes. Top with the bacon salad. Drizzle over the creamy mustard dressing and garnish with the remaining spring onion. Tuck in, Chef!