

UCCOOK

Fresh Vegetarian Apple & Walnut Salad

with goat's cheese

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	456kJ	3584kJ
Energy	109kcal	857kcal
Protein	2.8g	22.3g
Carbs	11g	85g
of which sugars	4.3g	33.5g
Fibre	3.6g	28.4g
Fat	6.7g	52.9g
of which saturated	1.7g	13.1g
Sodium	97mg	761mg

Allergens: Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	NOMU Roast Rub
10g	20g	Walnuts
20ml	40ml	Red Wine Vinegar
5ml	10ml	Dried Oregano
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
1	1	Apple <i>rinse, peel, core & dice ½ [1]</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
50g	100g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. ADD THE CRUNCH Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. DRESSED FOR DINNER In a salad bowl, combine the vinegar (to taste), the oregano, ½ the parsley, 20ml [40ml] of olive oil, and seasoning. Toss through the green leaves, the apple, the sun-dried tomatoes, and the roasted veg.

4. SENSATIONAL SALAD Plate up the loaded salad. Scatter over the toasted nuts and avo chunks. Crumble over the goat's cheese. Garnish with the remaining parsley.