Eat Within 1 Day

UCOOK

Piekenierskloof's Watermelon & Feta Salad

with fresh mint & pita bread chunks

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Piekenierskloof Winery

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info	Per 100g	Per Portion
Energy	628kJ	3389kJ
Energy	150kcal	810kcal
Protein	5.2g	28.3g
Carbs	21g	115g
of which sugars	6.7g	36g
Fibre	2.6g	14.2g
Fat	4.7g	25.3g
of which saturated	1.9g	10.1g
Sodium	226mg	1219mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Fruit & Nut Mix *(15g [30g] Almonds & 15g [30g] Dried Cranberries)*
30ml	60ml	Low Fat Plain Yoghurt
50g	100g	Danish-style Feta *drain & crumble*
10ml	20ml	Lemon Juice
60g	120g	Chickpeas *drain & rinse*
1	2	Pita Bread/s
100g	200g	Watermelon Cubes *cut into bite-sized pieces*
100g	200g	Cucumber *rinse & finely dice*
3g	5g	Fresh Mint *rinse, pick & finely chop*
20g	40g	Salad Leaves *rinse & roughly shred*
20g	40g	Pickled Onions *drain & roughly slice*
20ml	40ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Blender

1. ALL THE ALMONDS Place the fruit and nut mix in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. ZESTY YOGHURT In a small bowl, mash together the yoghurt and ½ the feta with a fork. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Mix through the lemon juice (to taste) and seasoning. Set aside.

3. CHICKPEAS Place a clean pan over medium heat. When hot, fry the chickpeas until golden, 5-6 minutes (shifting occasionally). Season and remove from the pan.

4. TOASTY PITAS Return the pan to medium heat and toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave for 30-60 seconds. Cut into bite-sized pieces and set aside.

5. CELEBRATION OF COLOUR In a salad bowl, combine the watermelon, the cucumber, the remaining feta, the mint, the salad leaves, ½ the fruit and nut mix, the pickled onions, the pita chunks, a drizzle of olive oil, and seasoning.

6. SO REFRESHING! Serve up the deliciously fresh summer salad and drizzle with the lemon-laced whipped yoghurt and feta dip. Top with the golden chickpeas. Garnish with the remaining fruit and nut mix and the balsamic reduction.