



UCOOK

Vegetarian Brie & Cranberry Ciabattini

with an apple & walnut salad

Craving something special but not in the mood for a long, complicated cook? This one-pan wonder dish is the best of both worlds: quick, delicious, and even vegetarian! Toasted ciabattini is topped with caramelised onion & cranberries, brie, fresh greens, & a balsamic reduction. Sided with an apple & walnut salad.


Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Rhea Hsu

Quick & Easy

 Deetlefs Wine Estate | Deetlefs Estate White MCC

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225g	Sliced Onions
60g	Dried Cranberries
3	Ciabattinis
60g	Green Leaves <i>rinse</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
2	Apples <i>rinse, peel, core & roughly slice 1½</i>
30g	Walnuts
180g	Brie Cheese <i>slice</i>
75g	Danish-style Feta <i>drain</i>
45ml	Balsamic Reduction

From Your Kitchen

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

1. CARAMELISED ONIONS & CRANBERRIES Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onions until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). In the final 1-2 minutes, mix through the cranberries. Remove from the pan, season, and cover.

2. TOASTED CIABATTINI Halve the ciabattinis and spread butter (optional) or oil over the cut sides. Place a pan over medium heat. When hot, toast the ciabattinis, cut-side down, until golden, 1-2 minutes.

3. APPLE & WALNUT SALAD In a salad bowl, combine ½ the rinsed green leaves, the cucumber half-moons, the apple slices, and the walnuts.

4. PLATE UP PERFECTION Top the toasted ciabattini halves with the remaining green leaves, the brie slices, and the caramelised onions. Side with the salad. Crumble the feta over the salad and drizzle with the balsamic reduction.

Nutritional Information

Per 100g

Energy	680kJ
Energy	162kcal
Protein	5.9g
Carbs	18g
of which sugars	5.6g
Fibre	2.4g
Fat	7.5g
of which saturated	3.7g
Sodium	257mg

Allergens

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

Eat
Within
3 Days