



UCCOOK

Festive Peaches & Quinoa

with raspberry-marinated stone fruit & sourdough croutons

Feel the holiday spirit with these festive colours & flavours: the greens of kale & fresh mint and the reds of beetroot, cranberries, and red quinoa. A vibrant, nutritious meal with the indulgence of creamy goat's cheese, crunchy croutons, and summery marinated fruit!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Lauren Todd

 Veggie

 Creation Wines | Creation
Viognier/Roussanne

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Ingredients & Prep

600g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
2	Peaches <i>1½ rinsed & cut into wedges</i>
90ml	Festive Dressing <i>(30ml Honey & 60ml Raspberry Vinegar)</i>
225ml	Quinoa <i>rinsed</i>
15ml	Vegetable Stock
150g	Kale <i>rinsed & roughly shredded</i>
2	Sourdough Baguettes <i>1½ cut into bite-sized pieces</i>
3	Garlic Cloves <i>peeled & grated</i>
12g	Fresh Mint <i>rinsed, picked & finely sliced</i>
75g	Chevin Goat's Cheese
45g	Pumpkin Seed, Walnut & Dried Cranberry Mix

From Your Kitchen

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

1. JUST BEET IT & GET MARINATING! Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). In a bowl, toss the stone fruit wedges with the festive dressing and 2 tbsp of olive oil. Set aside.

2. QUICK ON THE QUINOA Place the rinsed quinoa in a pot with 450ml of salted water and the veg stock. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. FRY THE KALE When the beetroot has 10 minutes remaining, place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 3-5 minutes. Remove from the pan, place in a bowl, and cover.

4. FLAVOURED CROUTONS Toss the bread chunks in a drizzle of olive oil, the grated garlic, and seasoning. Return the pan to medium heat. When hot, toast the bread until crispy, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

5. THROW IT ALL TOGETHER! Add the roast beets, the cooked quinoa, and ¾ of the sliced mint to the bowl of kale. Drain the dressing from the marinated stone fruit and toss the dressing through the quinoa salad.

6. STUNNING SALAD Dish up hearty plates of green and red quinoa salad and crumble over the creamy goat's cheese. Lay over the marinated stone fruit and scatter with the garlicky croutons. Finish off with sprinklings of the pumpkin seed, walnut & dried cranberry mix and the remaining sliced mint. Well done, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	572kJ
Energy	137kcal
Protein	5.2g
Carbs	22g
of which sugars	5.2g
Fibre	2.8g
Fat	2.7g
of which saturated	0.8g
Sodium	239mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within
4 Days