



UCCOOK

Blue Cheese, Biltong & Pear Bowl

with roasted butternut

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	509kJ	2572kJ
Energy	122kcal	615kcal
Protein	8.1g	41.1g
Carbs	11g	56g
of which sugars	5.7g	28.8g
Fibre	2.2g	10.9g
Fat	4.6g	23g
of which saturated	1.4g	7.2g
Sodium	238mg	1200mg

Allergens: Sulphites, Tree Nuts, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Butternut Chunks
15g	30g	Walnuts <i>roughly chop</i>
30ml	60ml	Vinaigrette <i>(5ml [10ml] Dijon Mustard & 25ml [50ml] Balsamic Vinegar)</i>
50g	100g	Beef Biltong <i>roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Pear/s <i>rinse, core & cut into wedges</i>
30g	60g	Blue Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. ROAST Coat the butternut pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway).

2. TOAST 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. JUST BEFORE SERVING In a salad bowl, combine the vinaigrette with a generous drizzle of olive oil, and mix to emulsify. Add the butternut, biltong, salad leaves, and pear. Toss to combine and season.

4. DINNER IS READY Bowl up the loaded mixture, crumble the blue cheese over, and scatter over the nuts. Well done, Chef!