

# UCCOOK

## Bacon & Roasted Pumpkin Salad

with Danish-style feta & cabbage

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Creation Wines | Creation Estate  
Roussanne / Grenache Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	976kJ	5546kJ
Energy	234kcal	1326kcal
Protein	10.7g	60.9g
Carbs	12g	66g
of which sugars	7.5g	42.8g
Fibre	2.2g	12.3g
Fat	15.9g	90.5g
of which saturated	5.7g	32.6g
Sodium	541mg	3074mg

**Allergens:** Cow's Milk, Sulphites, Tree Nuts

Eat Within 3 Days

## Ingredients & Prep Actions:

<b>Serves 3</b>	<b>[Serves 4]</b>	
600g	800g	Pumpkin Chunks
22,5ml	30ml	NOMU Moroccan Rub
450g	600g	Diced Pork Bacon
60g	80g	Nut & Seed Mix <i>(30g [40g] Pumpkin Seeds &amp; 30g [40g] Almonds)</i>
200g	200g	Cabbage <i>rinse &amp; roughly shred</i>
60g	80g	Green Leaves <i>rinse</i>
120ml	160ml	Tangy Balsamic <i>(90ml [120ml] Balsamic Vinegar &amp; 30ml [40ml] Lemon Juice)</i>
90g	120g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. BACON & PUMPKIN** Coat the pumpkin pieces in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 10-15 minutes, scatter over the bacon and roast until crispy. Alternatively, roast in the oven at 200°C until crispy, 25-30 minutes (shifting halfway). In the final 10-15 minutes, scatter over the bacon, and roast until crispy.

**2. SEEDS** Place the nut & seed mix in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. JUST BEFORE SERVING** In a bowl, combine the roast pumpkin, the cabbage, the green leaves, the nut & seed mix, and a drizzle of olive oil.

**4. DINNER IS READY** Bowl up the loaded pumpkin salad, drizzle over the tangy balsamic vinegar, and scatter over the feta. Dig in, Chef!