



UCCOOK

Fresh Vegetarian Apple & Walnut Salad

with green beans & feta

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Rosé Organic

Nutritional Info

	Per 100g	Per Portion
Energy	330kJ	2197kJ
Energy	79kcal	525kcal
Protein	3g	19.8g
Carbs	10g	69g
of which sugars	5.8g	38.7g
Fibre	2.7g	18.2g
Fat	3.1g	20.7g
of which saturated	1.3g	8.6g
Sodium	113mg	751mg

Allergens: Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Pumpkin Chunks <i>cut into bite-sized pieces</i>
30ml	40ml	NOMU Roast Rub
300g	400g	Green Beans <i>rinse & slice into thirds</i>
30g	40g	Walnuts
60ml	80ml	Red Wine Vinegar
15ml	20ml	Dried Oregano
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Apples <i>rinse, peel, core & dice 1½</i> <i>[2]</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
120g	160	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

- 1. BEGIN WITH PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).
- 2. BEAN THERE, DONE THAT** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.
- 3. ADD THE CRUNCH** 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.
- 4. DRESSED FOR DINNER** In a salad bowl, combine the vinegar (to taste), the oregano, ½ the parsley, 60ml [80ml] of olive oil, and seasoning. Toss through the salad leaves, the apple, the sun-dried tomatoes, the green beans, and the pumpkin.
- 5. SENSATIONAL SALAD** Plate up the loaded salad. Scatter over the nuts and crumble over the goat's cheese. Garnish with the remaining parsley.