



UCOOK

Festive Peach & Quinoa Salad

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

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

450g	Beetroot <i>rinsed, trimmed & cut into bite-size chunks</i>
2	Peaches <i>1½ sliced into thin wedges</i>
90ml	Festive Dressing <i>(30ml Honey & 60ml Raspberry Vinegar)</i>
225ml	Red Quinoa
15ml	Vegetable Stock
150g	Kale <i>rinsed & roughly shredded</i>
3	Garlic Cloves <i>peeled & grated</i>
2	Sourdough Baguettes <i>1½ cut into bite-size chunks</i>
45g	Pumpkin Seed, Walnut & Dried Cranberry Mix
8g	Fresh Mint <i>rinsed, picked & finely sliced</i>
150g	Chevin Goat's Cheese

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 out the beetroot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy. Place the stone fruit wedges in a bowl with the festive dressing and 2 tbsp of oil. Gently toss to coat and set aside to marinate until serving.

2. QUICK ON THE QUINOA Rinse the quinoa and place in a pot with the stock. Submerge in 600ml of water and stir through. Pop on a lid, place over a medium-high heat, and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. Drain if necessary and return to the pot. Replace the lid and allow it to stand off the heat for at least 5 minutes.

3. IS IT KALE OR COULD IT BE MISTLETOE? Place the shredded kale in a large bowl with a drizzle of oil and some seasoning. Using your hands, massage until softened and evenly coated in oil. When the beetroot has 10 minutes remaining, place a nonstick pan over a medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan, return to the bowl, and set aside.

4. FLAVOURED CROUTONS Place the grated garlic in a bowl with 1 tbsp of olive oil and a pinch of salt. Toss through the sourdough chunks until coated. Wipe down the pan and return it to a medium-high heat. When hot, toast the sourdough for 4-5 minutes until crispy, shifting occasionally. Remove from the pan on completion and allow to drain on some paper towel. You may need to do this step in batches for the crispiest results.

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 it through the quinoa salad.

6. A SUPPER FIT FOR SANTA 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 and cranberry mix and the remaining sliced mint. Ho ho ho, Chef!



Chef's Tip

If you're feeling fancy, char the marinated peach wedges in a hot grill pan!

Nutritional Information

Per 100g

Energy	634kJ
Energy	152kcal
Protein	6g
Carbs	24g
of which sugars	5.6g
Fibre	2.7g
Fat	3.5g
of which saturated	1.3g
Sodium	261mg

Allergens

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

Cook
within
4 Days