



# UCCOOK

## 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!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Lauren Todd

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 Veggie

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 Waterford Estate | Waterford OVP Chenin Blanc 2020

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## Ingredients & Prep

300g	Beetroot <i>rinsed, trimmed &amp; cut into bite-size chunks</i>
1	Peach <i>sliced into thin wedges</i>
60ml	Festive Dressing <i>(20ml Honey &amp; 40ml Raspberry Vinegar)</i>
150ml	Red Quinoa
10ml	Vegetable Stock
100g	Kale <i>rinsed &amp; roughly shredded</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
1	Sourdough Baguette <i>cut into bite-size chunks</i>
30g	Pumpkin Seed, Walnut & Dried Cranberry Mix
5g	Fresh Mint <i>rinsed, picked &amp; finely sliced</i>
100g	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 30-35 minutes until cooked through and becoming crispy. Place the stone fruit wedges in a bowl with the festive dressing and 1 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 400ml 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 3-4 minutes until crispy, shifting occasionally. Remove from the pan on completion and allow to drain on some paper towel.

**5. THROW IT ALL TOGETHER!** Add the roast beets, the cooked quinoa, and  $\frac{3}{4}$  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