

UCOOK

Rooibos-poached Pear & Biltong Salad

with gnocchi, sun-dried tomatoes & green leaves

What's the tea today, Chef? This intricate, innovative, and incredibly tasty salad! Featuring two uniquely South African ingredients, biltong and rooibos tea. Golden pan-roasted gnocchi are tossed with biltong, sun-dried tomatoes, fresh greens, plump pops of corn & crunchy almonds, and coated in a rooibos, white wine & spice-infused mustard cream.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jade Summers

Adventurous Foodie

 Bertha Wines | Bertha Rosé 2023

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Ingredients & Prep

2	Pears <i>rinse, peel, core & halve</i>
150ml	White Wine
1	Rooibos Tea Bag
20g	Spice Blend <i>(3 Star Anise, 2 Cinnamon Sticks & 15ml Black Peppercorns)</i>
525g	Potato Gnocchi
15g	Almonds <i>roughly chop</i>
120g	Corn
75ml	Mustard Cream <i>(15ml Dijon Mustard & 60ml Sour Cream)</i>
150g	Free-range Beef Biltong
60g	Green Leaves <i>rinse</i>
60g	Sun-dried Tomatoes <i>drain</i>
75g	Italian-style Hard Cheese <i>peel into ribbons</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. PEAR-FECTLY POACHED In a pot, combine three halves of pears, the wine, the tea bag, the spice blend, 30ml of sweetener, and 450ml of water. Place over medium heat and cover. Simmer until the pears are tender and the liquid is slightly reduced, 25-30 minutes. Remove from the pot, reserving the poaching liquid, and slice the pear to resemble a fan.

2. IT'S A GO FOR GNOCCHI Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 1-2 minutes. Remove from the heat and drain.

3. AND NOW FOR THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. GOLDEN GNOCCHI Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the cooked gnocchi in a single layer until golden, 2-4 minutes (shifting as they colour). Remove from the pan and set aside.

5. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

6. LAYERS OF FLAVOUR In a bowl, loosen the mustard cream with the poaching liquid in 5ml increments until drizzling consistency. Add the biltong, the rinsed green leaves, the drained sun-dried tomatoes, the cooked gnocchi, the charred corn, and seasoning.

7. SENSATIONAL SALAD Plate up the biltong and gnocchi salad. Sprinkle over the cheese ribbons, top with the fanned pears, and scatter over the toasted nuts. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	567kJ
Energy	136kcal
Protein	7.5g
Carbs	14g
of which sugars	4.8g
Fibre	3.8g
Fat	5.3g
of which saturated	2.2g
Sodium	282mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Alcohol, Cow's Milk

Eat
Within
3 Days