

UCCOOK

Fresh Vegetarian Apple & Walnut Salad

with goat's cheese

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	456kJ	3584kJ
Energy	109kcal	857kcal
Protein	2.8g	22.3g
Carbs	11g	85g
of which sugars	4.3g	33.5g
Fibre	3.6g	28.4g
Fat	6.7g	52.9g
of which saturated	1.7g	13.1g
Sodium	97mg	761mg

Allergens: Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
30ml	40ml	NOMU Roast Rub
30g	40g	Walnuts
60ml	80ml	Red Wine Vinegar
15ml	20ml	Dried Oregano
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
60g	80g	Green Leaves <i>rinse & roughly shred</i>
2	2	Apples <i>rinse, peel, core & dice 1½ [2]</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
2	2	Avocados <i>cut in half & roughly dice 1½ [2]</i>
150g	200g	Chevin Goat's Cheese

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut 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. 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.

3. 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 green leaves, the apple, the sun-dried tomatoes, and the roasted veg.

4. SENSATIONAL SALAD Plate up the loaded salad. Scatter over the toasted nuts and avo chunks. Crumble over the goat's cheese. Garnish with the remaining parsley.