



# UCOOK

## Sweet Nectar Strawberry & Quinoa Salad

with quinoa, feta cheese & Rootstock beetroot crisps

Seen in Ancient Rome as the symbol of Venus, the goddess of love, the strawberry has always been the best fruit for a romantic evening.

This salad offers delightful freshness and subtle warmth, with succulent & sweet strawberries, roasted in honey and spread over chickpea & quinoa. Finished with creamy feta cheese, a crunch of beetroot crisps, and a raspberry dressing. It's the berry best salad!

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Serves:** 1 Person

**Chef:** Kate Gomba

 Veggie

 Paserene | Rosie Rosé

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## Ingredients & Prep

100g	Fresh Strawberries
30ml	Sweet Nectar Marinade <i>(20ml Raspberry Vinegar &amp; 10ml Honey)</i>
120g	Chickpeas <i>drained &amp; rinsed</i>
75ml	White Quinoa
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>finely diced</i>
20g	Radish <i>rinsed &amp; thinly sliced into rounds</i>
40g	Danish-style Feta <i>drained &amp; crumbled</i>
4g	Fresh Mint <i>rinsed, picked &amp; roughly sliced</i>
40g	Rootstock Beetroot Crisps

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

### 1. ROAST STRAWBS & CHICKPEAS

Preheat the oven to 180°C. Remove the leaves from the strawberries, keeping the stems intact for decorative effect. Wipe the flesh with a damp cloth to remove any fur. Slice in half lengthways and place on a roasting tray, cut-side down. Pour over the sweet nectar marinade and set aside to marinate. Place the drained chickpeas on a separate roasting tray, coat in oil, and season to taste. Spread out in a single layer and roast in the hot oven for 20-25 minutes until crispy. At the halfway mark, give the chickpeas a shift and pop the tray of marinated strawberries in the oven. Cook for the remaining roasting time until heated through and juicy. Remove both trays from the oven on completion.

**2. PERFECT QUINOA** Rinse the quinoa and place in a pot. Submerge in 200ml of water, place over a medium-high heat, and bring to a simmer with the lid on. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

**3. DELISH DRESSING** When the quinoa and chickpeas are ready, place in a bowl with the rinsed salad leaves. Toss together with the diced cucumber. To make the sweet nectar dressing, drain the juices from the tray of cooked strawberries into a small bowl. Add in a drizzle of olive oil, whisk until combined, and season to taste.

**4. WARM, FRESH, DELIGHTFUL** Make a bed of dazzling quinoa salad and cover with the roast strawberries. Scatter with the sliced radish and top with feta cheese crumble. Garnish with the fresh, sliced mint and drizzle over the sweet nectar dressing. Finish off with a crumble of handmade beetroot crisps. Simply delicious, Chef!

## Nutritional Information

Per 100g

Energy	796kJ
Energy	190kcal
Protein	6.7g
Carbs	27g
of which sugars	11.5g
Fibre	4g
Fat	5.9g
of which saturated	2.4g
Sodium	123mg

## Allergens

Dairy, Sulphites

Cook  
within 2  
Days