



# UCCOOK

## Dreamy Pea & Bacon Salad

with **crispy croutons**

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kelly Fletcher

**Wine Pairing:** Waterkloof | Astraeus Chardonnay Brut

Nutritional Info	Per 100g	Per Portion
Energy	819kJ	4858kJ
Energy	196kcal	1162kcal
Protein	8g	47.7g
Carbs	18g	106g
of which sugars	3.9g	23.3g
Fibre	2.3g	13.7g
Fat	10.4g	61.8g
of which saturated	3.1g	18.3g
Sodium	384mg	2279mg

**Allergens:** Cow's Milk, Gluten, Wheat, Sulphites

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

<b>Serves 3</b>	<b>[Serves 4]</b>	
12 strips	16 strips	Streaky Pork Bacon
300g	400g	Peas
2	2	Baguettes <i>cut 1½ [2] into bite-sized pieces</i>
240g	240g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
300g	400g	Cucumber <i>rinse &amp; cut into thin rounds</i>
8g	10g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
150ml	200ml	Creamy Mayo <i>(75ml [100ml] Mayo &amp; 75ml [100ml] Sour Cream)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

**1. CRISPY BACON** Place a pan over medium-high heat. When hot, fry the bacon until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

**2. PLUMP PEAS** Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

**3. CRUNCHY CROUTONS** Toss the baguette chunks in a drizzle of olive oil and seasoning. Return the pan, wiped down, to medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel. Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

**4. LOADED SALAD** To a salad bowl, add the peas, the carrot, the cucumber, the bacon, the parsley, ½ the croutons, and the creamy mayo. Mix to combine and season.

**5. SERVICE, PLEASE!** Bowl up the creamy pea salad and top with the remaining croutons. Enjoy, Chef!