



UCOOK

Fresh Vegetarian Apple & Walnut Salad

with green beans & goat's cheese

A lovely fresh lunch or light but satisfying dinner, this salad shows what happens when textures and flavours are expertly balanced. Savour the combination of charred green beans, tangy sun-dried tomatoes, crunchy apple, oven-roasted butternut, toasted walnuts, fresh herbs, and goat's cheese. Deceptively simple, definitely delicious!

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha du Toit

 Carb Conscious

 Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

| | |
|------|---|
| 750g | Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i> |
| 30ml | NOMU Roast Rub |
| 300g | Green Beans <i>rinse, trim & slice into thirds</i> |
| 30g | Walnuts |
| 60ml | Red Wine Vinegar |
| 15ml | Dried Oregano |
| 8g | Fresh Parsley <i>rinse, pick & finely chop</i> |
| 60g | Green Leaves <i>rinse</i> |
| 2 | Apples <i>rinse, peel, core & dice 1½</i> |
| 60g | Sun-dried Tomatoes <i>drain & roughly chop</i> |
| 150g | Chevin Goat's Cheese |

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. BEAN THERE, DONE THAT Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. 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.

4. DRESSED FOR DINNER In a salad bowl, combine the vinegar (to taste), the oregano, ½ the chopped parsley, 60ml of olive oil, and seasoning. Toss through the rinsed green leaves, the diced apple, the chopped sun-dried tomatoes, the charred green beans, and the roasted butternut.

5. SENSATIONAL SALAD Plate up the loaded salad. Scatter over the toasted nuts and crumble over the goat's cheese. Garnish with the remaining parsley.



Chef's Tip

Air fryer method: Coat the butternut pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 357kJ |
| Energy | 85kcal |
| Protein | 3g |
| Carbs | 11g |
| of which sugars | 5.3g |
| Fibre | 2.6g |
| Fat | 3.1g |
| of which saturated | 1.3g |
| Sodium | 113mg |

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days