

Eat Within 4 Days

UCOOK

Herby Pea & Bacon Salad

with crispy chickpeas

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	781kJ	3954kJ
Energy	187kcal	946kcal
Protein	8.2g	41.7g
Carbs	14g	69g
of which sugars	2.2g	11.3g
Fibre	3.1g	15.6g
Fat	11.3g	57.2g
of which saturated	3.3g	16.9g
Sodium	284mg	1438mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into bite-sized chunks*
4 strips	8 strips	Streaky Pork Bacon
100g	200g	Peas
50ml	100ml	Creamy Mayo *(25ml [50ml] Mayo & 25ml [50ml] Low Fat Yoghurt)*
3g	5g	Fresh Basil *rinse & finely chop*
60g	120g	Chickpeas *drain & rinse*
5g	10g	Crispy Onion Bits

From Your Kitchen

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

1. HOT POTATO Boil the kettle. Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. BETTER WITH BACON Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Once cooled, roughly chop the bacon.

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

4. SENSATIONAL SALAD In a big salad bowl, mix the creamy mayo and ½ the basil together and season well. Toss the crispy potatoes, peas, ½ the bacon and the chickpeas through the creamy mayo. Garnish with the remaining basil, bacon and crispy onion bits. As simple as that, dinner is served!