

UCCOOK

Dreamy Pea & Bacon Salad

with crispy croutons

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

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:

Serves 1	[Serves 2]	
4 strips	8 strips	Streaky Pork Bacon
100g	200g	Peas
1	1	Baguette <i>cut ½ [1] into bite-sized pieces</i>
120g	120g	Carrot <i>rinse, trim & peel into ribbons</i>
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
50ml	100ml	Creamy Mayo <i>(25ml [50ml] Mayo & 25ml [50ml] 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!