



UCCOOK

Biltong, Pear & Brie Salad

with honey mustard dressing

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis The Left Bank
Cabernet Sauvignon Merlot

Nutritional Info	Per 100g	Per Portion
Energy	488kj	2521kj
Energy	117kcal	603kcal
Protein	8.8g	45.4g
Carbs	10g	53g
of which sugars	4.4g	22.9g
Fibre	2.6g	13.4g
Fat	5.7g	29.6g
of which saturated	1.5g	7.5g
Sodium	218mg	1128mg

Allergens: Sulphites, Tree Nuts, Cow's Milk

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
180g	240g	Chickpeas <i>drain & rinse</i>
30g	40g	Walnuts
2	2	Pears <i>rinse, peel, core & cut 1½ [2] into wedges</i>
120g	160g	Salad Leaves <i>rinse</i>
150g	200g	Beef Biltong
90g	120g	Brie Cheese <i>cut into bite-sized pieces</i>
2 units	2 units	UCOOK Honey Mustard Dressing

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. INTO THE OVEN Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. CRISPY CHICKPEAS Spread the chickpeas on a roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

3. WHERE'S THE WALNUTS? 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. FOR THE FRESHNESS In a bowl, combine the green leaves, chickpeas, pumpkin, nuts, a drizzle of olive oil, and seasoning.

5. A SUPERB SALAD Plate up the salad and top with the biltong and brie. Drizzle over half [\[all\]](#) the dressing.