



UCOOK

Grilled Nectarine & Bocconcini Salad

with pecans, balsamic reduction & baby marrow ribbons

Showcase nectarines at their best in the springtime with this stunning salad. With crunchy salted pecans, creamy bocconcini balls, dried cranberries, fresh leaves and a sweet balsamic dressing - it's full of flavour!

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

15g	Pecan Nuts
7,5ml	Tamari
100g	Baby Marrow <i>rinsed & sliced or peeled into thin strips</i>
1	Nectarine <i>sliced into thin wedges, discarding the pip</i>
10ml	Coconut Sugar
15ml	Balsamic Reduction
20g	Spinach <i>rinsed</i>
20g	Green Leaves <i>rinsed</i>
4	Bocconcini Balls <i>drained & halved</i>
10g	Dried Cranberries

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. SALTED PECANS Place the pecans in a pan or a griddle pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the heat, and pour in the tamari. Toss until fully coated. Remove from the pan and roughly chop.

2. CHARRED MARROW Return the pan or the griddle pan to a high heat with a drizzle of oil. When hot, fry the baby marrow strips for 1-2 minutes per side until charred. Remove from the pan on completion.

3. COCONUT NECTARINES Coat the nectarine wedges with some oil and the coconut sugar. Return the pan to a medium-high heat. When hot, fry the nectarines for 1-2 minutes per side until charred and caramelised.

4. SWEET REDUCTION In a bowl, add 15ml olive oil, the balsamic reduction, a sweetener of choice and some seasoning. Whisk until fully combined.

5. CLASSY SALAD In a salad bowl, place the rinsed spinach and the green leaves. Nestle the bocconcini halves, the caramelised nectarines and the baby marrow strips in amongst the leaves. Scatter over the salted pecans and dried cranberries. Drizzle over the sweet balsamic dressing. Oh so chic, Chef!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid tightly and shake, shake, shake! Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.

Nutritional Information

Per 100g

Energy	500kj
Energy	119Kcal
Protein	3g
Carbs	17g
of which sugars	11.3g
Fibre	3.5g
Fat	5.3g
of which saturated	1.3g
Sodium	159mg

Allergens

Dairy, Sulphites, Tree Nuts, Soy

Cook
within
4 Days