



UCOOK

Warm Strawberry Salad

with quinoa, feta cheese & Rootstock beetroot crisps

Delightful freshness and subtle warmth. Succulent strawberries roasted in honey and spread over baby tomatoes, peas, and nutrient-rich quinoa. Finished with creamy feta cheese, a crunch of artisanal crisps, and a raspberry dressing.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

 Vegetarian

 Warwick Wine Estate | First Lady Rosé

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Ingredients & Prep

400g	Fresh Strawberries
120ml	Sweet Nectar Marinade <i>(80ml Raspberry Vinegar & 40ml Honey)</i>
480g	Chickpeas <i>drained & rinsed</i>
300ml	Quinoa
400g	Baby Tomatoes <i>rinsed & quartered</i>
160g	Peas
80g	Salad Leaves <i>rinsed</i>
80g	Radish <i>rinsed & thinly sliced into rounds</i>
200g	Danish-style Feta <i>drained & crumbled</i>
12g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
80g	Beetroot Crisps

From Your Kitchen

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

1. ROAST CHICKPEAS & STRAWBERRIES Preheat the oven to 180°C. Remove the leaves from the strawberries, keeping the stems intact for decorative effect. Wipe the flesh with a damp cloth to remove any fur. Slice in half lengthways and place on a roasting tray, cut-side down. Pour over the Sweet Nectar Marinade and set aside to marinate. Place the drained chickpeas on a separate roasting tray, coat in oil, and season to taste. Spread out in a single layer and roast in the hot oven for 25-30 minutes until crispy. At the halfway mark, give the chickpeas a shift and pop the tray of marinated strawberries in the oven. Cook for the remaining roasting time until heated through and juicy. Remove both trays from the oven on completion.

2. LET IT GRAIN Rinse the quinoa and place in a pot. Submerge in 800ml of water, place over a medium-high heat, and bring to a simmer with the lid off. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. WHILE THE QUINOA IS COOKING... Boil the kettle. Place the quartered baby tomatoes in a bowl, coat in oil, and season to taste. Set aside to marinate until serving. If you prefer cooked tomatoes, simply place on a roasting tray and pop in the oven for 10-15 minutes until blistered. The choice is yours! Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion and set aside.

4. TOSS THE SALAD & WHISK THE DRESSING When the quinoa and chickpeas are ready, place in a bowl with the rinsed salad leaves. Toss together with the marinated (or roasted!) tomatoes and the warm peas. To make the Sweet Nectar Dressing, drain the juices from the tray of cooked strawberries into a bowl. Pour in 15ml of olive oil, whisk until combined, and season to taste.

5. WARM, FRESH, DELIGHTFUL! Make a bed of dazzling quinoa salad and cover with the roast strawberries. Scatter with the sliced radish and top with crumbled feta. Garnish with the fresh sliced mint and drizzle over the Sweet Nectar Dressing. Finish off with a crumble of handmade beetroot crisps. Simply delicious, Chef!

Nutritional Information

Per 100g

Energy	664kJ
Energy	159Kcal
Protein	6.1g
Carbs	22g
of which sugars	9g
Fibre	3.7g
Fat	4.7g
of which saturated	2g
Sodium	115mg

Allergens

Dairy, Sulphites

Cook
within 2
Days