



UCOOK

Porky BLT Salad

with a honey-mustard dressing

A deconstructed BLT sandwich, made into a salad! Featuring all the well-loved familiar flavours, such as crispy bacon, fresh greens, tangy tomato, creamy avo, and crumbly feta. Elevated with a bacon & honey-mustard dressing, crispy sourdough croutons, and toasted almonds.


Hands-on Time: 35 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Suné van Zyl

 Quick & Easy

 Muratie Wine Estate | Muratie Melck's-
Sauvignon Blanc 2023

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

30g	Almonds
2	Sourdough Baguettes
2	Tomatoes
60g	Green Leaves
2	Bell Peppers
2	Avocados
60ml	Lemon Juice
90g	Danish-style Feta
12 strips	Streaky Pork Bacon
2 units	Honey Mustard Mayo

From Your Kitchen

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

1. PREP STEPS Roughly chop the almonds and set aside. Tear ½ of the baguettes into bite-sized chunks and set aside. Rinse the tomatoes, the green leaves, and the bell peppers. Roughly dice 1½ of the tomatoes and place into a bowl. Deseed and cut ½ of the peppers into strips and add to the bowl of tomatoes. Halve the avocados and set aside one of the halves for another meal. Peel the skin off, keeping the flesh intact. Dice the avocado, add to the bowl of veg, and drizzle over ½ the lemon juice. Season and set aside. Drain and crumble the feta. Set aside.

2. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRISPY CROUTONS Toss the bread chunks with a drizzle of olive oil and seasoning. Return the pan to medium heat. When hot, toast the bread until crispy, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

4. ADD CRUNCHY & CREAMY To the bowl of prepped veg, toss through the rinsed leaves, ½ the toasted almonds, the crumbled feta, the crunchy croutons, a drizzle of olive oil, and seasoning. Set aside.

5. BRING ON THE BACON Return the pan to medium-high heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan, reserving any bacon fat left behind in the pan, and drain on paper towel. Allow to cool slightly and cut into pieces.

6. MMMAYO In a small bowl, combine the mayo, the remaining lemon juice (to taste), and the reserved liquid bacon fat (to taste). Heat for 1-2 minutes. If it has cooled and hardened, add a splash of water to loosen. Season and set aside.

7. AN A+ BLT SALAD Serve up the avo & crouton salad and top with the crispy bacon pieces. Generously drizzle over the honey-mustard bacon dressing and garnish with the remaining toasted nuts.



Chef's Tip

Air fryer method: Coat the bread chunks in oil and season. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	755kj
Energy	181kcal
Protein	5.6g
Carbs	22g
of which sugars	8.2g
Fibre	3.2g
Fat	8.3g
of which saturated	2.3g
Sodium	250mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Cook
within
4 Days