

Eat Within 3 Days

UCOOK

Crispy Bacon Salad

with a creamy mustard dressing

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	540kJ	3368kJ
Energy	129kcal	805kcal
Protein	5.9g	36.9g
Carbs	10g	64g
of which sugars	1.7g	10.8g
Fibre	1.1g	6.6g
Fat	6.8g	42.7g
of which saturated	2.4g	15.2g
Sodium	243mg	1519mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes *rinse*
4 strips	8 strips	Streaky Pork Bacon
50g	100g	Corn
100g	200g	Cucumber *rinse & roughly dice*
20g	40g	Salad Leaves *rinse & roughly shred*
1	1	Spring Onion *rinse, trim & finely slice*
80ml	160ml	Creamy Mustard *(75ml [150ml] Low Fat Plain Yoghurt & 5ml [10ml] Wholegrain Mustard)*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. BABY POTATOES Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain the potatoes. Spread them on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CRISPY BACON Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop the bacon and set it aside.

3. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SENSATIONAL SALAD To a bowl, add the cucumber, the bacon, the corn, the salad leaves and ½ the spring onion. Season and mix well. Place the creamy mustard in another small bowl. Loosen with water in 5ml increments until drizzling consistency.

5. NEXT-LEVEL NOSH Plate up the crispy potatoes. Top with the bacon salad. Drizzle over the creamy mustard dressing and garnish with the remaining spring onion. Tuck in, Chef!