

UCOOK

Apple, Walnut & Quinoa Salad

with dill-crusted goat's cheese & fresh green leaves

This lovely summery salad is the perfect meal to savour on your outdoor patio with a chilled glass of wine or to enjoy at a picnic with friends. It's loaded with crunchy apple slices, toasted walnuts, herby goat's cheese slices encrusted in dill, dried cranberries, fluffy quinoa and green leaves, all coated in a golden syrup & mustard dressing.

Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Alex Levett



Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

75ml White Quinoa
20g Walnuts
5ml Dijon Mustard
15ml Golden Syrup
1 Lemon

4g Fresh Dill
rinsed, picked & finely
chopped

50g Chevin Goat's Cheese

½ cut into wedges

1 Apple rinsed

20g Green Leaves rinsed & roughly shredded

20g Spinach rinsed

Celery Stalk finely sliced

20g Dried Cranberries

From Your Kitchen

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

1. KEEN ON SOME QUINOA? Rinse the quinoa and place in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if

2. WHERE'S WALLY? Place the walnuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and roughly chop.

required during cooking. On completion, drain if necessary and return

to the pot. Replace the lid and allow to stand off the heat for at least 5

minutes. Season to taste.

3. ROLL IT IN DILL-ICIOUSNESS In a bowl, place the Dijon mustard, the golden syrup, the juice from 1 lemon wedge, and 20ml of olive oil. Mix until fully combined. Place 34 of the chopped dill on a chopping board, and spread out in a single layer. Place the goat's cheese on the

4. ALWAYS BETTER TOGETHER Slice ½ the apple into thin wedges and place in a salad bowl. Add the cooked quinoa, rinsed green leaves, rinsed spinach, sliced celery, and the golden syrup & mustard dressing (to taste). Toss until fully combined.

dill and gently roll until fully coated. On completion, slice into rounds.

5. TASTE THE SUMMER VIBES Plate up a heaping helping of the beautiful salad. Garnish with the herb crusted goat's cheese rounds, the toasted walnuts, the dried cranberries and the remaining dill. Serve with a lemon wedge. Yum!



To cut the goat's cheese slices cleanly and smoothly, fill a tall glass with boiling water. Dip a knife into the boiling water and slice through your goat's cheese with ease! Repeat between each slice for picture-perfect slices.

Nutritional Information

Per 100g

Energy	757k
Energy	181kca
Protein	5.6g
Carbs	25g
of which sugars	9.7g
Fibre	3.9g
Fat	7.1g
of which saturated	2.20
Sodium	101mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook within 4 Days