



QCOOK

Fresh Mint & Goat's Cheese Pita

with apple & cranberries

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	587kJ	2395kJ
Energy	140kcal	573kcal
Protein	4.5g	18.4g
Carbs	23g	92g
of which sugars	6.2g	25.2g
Fibre	3.4g	13.9g
Fat	3.2g	13.1g
of which saturated	1.2g	5g
Sodium	179mg	730mg

Allergens: Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Peas
30ml	60ml	Hummus
1	2	Pita Bread/s
20g	40g	Salad Leaves <i>rinse</i>
1	1	Apple <i>rinse, peel, core & thinly slice</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
25g	50g	Chevin Goat's Cheese
10g	20g	Cranberry & Walnut Mix <i>(5g [10g] Dried Cranberries & 5g [10g] Walnuts)</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

1. PEAS & HUMMUS Boil the kettle. Submerge the peas in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. In a small bowl, loosen the hummus with water in 5ml increments until drizzling consistency.

2. PITA PARTY Toast the pita/s in a toaster until crispy. Allow to cool slightly before slicing into triangles.

3. SO-GOOD SALAD In a bowl, toss together the peas, the green leaves, the apple, and the mint. Crumble over the goat's cheese. Scatter over the cranberries and the walnuts. Drizzle over the loosened hummus. Side with the pita triangles.