



UCCOOK

Veggie Fondue-style Dinner

with herby crostini

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 607kJ | 4135kJ |
| Energy | 145kcal | 989kcal |
| Protein | 5.7g | 38.5g |
| Carbs | 21g | 141g |
| of which sugars | 2.5g | 16.9g |
| Fibre | 2.2g | 14.8g |
| Fat | 4.4g | 29.8g |
| of which saturated | 2g | 13.8g |
| Sodium | 232mg | 1584mg |

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Soya

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 100g | 200g | Baby Potatoes <i>rinse & halve</i> |
| 120g | 240g | Baby Carrots <i>rinse & trim</i> |
| 50g | 100g | Cucumber <i>rinse</i> |
| 70g | 140g | Cheese <i>(40g [80g] Brie Cheese & 30g [60g] Cheddar Cheese)</i> |
| 1 | 2 | Celery Stalk/s <i>rinse</i> |
| 125ml | 250ml | Self-raising Flour |
| 40ml | 80ml | Low Fat UHT Milk |
| 1 | 2 | Ciabatta Roll/s |
| 5ml | 10ml | Dried Oregano |
| 30g | 60g | Pitted Kalamata Olives <i>drain</i> |
| 100g | 200g | Artichoke Quarters <i>drain & cut in half lengthways</i> |

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter
Milk (optional)
Paper Towel

1. SMASHED 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 and spread them on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Place the baby carrots on the same tray, and drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes.

2. SOME PREP Cut the cucumber into thick matchsticks. Cut the celery into smaller 4-5cm pieces. Cover and set aside in the fridge.

3. BEST CHEESE SAUCE EVER Roughly chop or grate the cheeses. Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in 10ml [20ml] of the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk and 50ml [100ml] of water. Once the milk is incorporated, add the cheddar and brie cheese and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

4. GARLIC CROSTINI When the baby potatoes have 5-10 minutes remaining, cut the ciabatta roll/s into thick slices, 4-5 slices per portion. In a small bowl, combine the oregano, a knob of butter or a drizzle of oil and some seasoning. Place the ciabattini on a roasting tray and smear with the herby butter on both sides. Pop in the hot oven and bake until warmed through and starting to brown, 3-4 minutes.

5. CRISPY ARTICHOKEs In a bowl, combine the remaining flour with a pinch of salt. Gently whisk in the cold water until smooth (the batter should be like thin pancake batter). Coat the artichokes in the batter. Place a deep pan over high heat with 2cm of oil covering the base. When hot, gently lower the battered artichokes into the hot oil. Fry until golden and crispy, 30-60 seconds (turning as they colour). Try not to overcrowd the pan - you may need to do this in batches! Remove from the pan, drain on paper towel, and season.

6. FAB FONDUE FEAST Plate up the golden battered artichokes, the cucumber and celery sticks, the baby carrots, the crispy baby potatoes, the olives and the ciabatta crostini - charcuterie board-style. Side all the components with the delicious cheese sauce for dipping. There you have it, Chef, a fondouie-style dinner!