



# UCOOK

## Vegetarian Brie & Cranberry Ciabattini

with an apple & walnut salad

Craving something special but not in the mood for a long, complicated cook? This one-pan wonder dish is the best of both worlds: quick, delicious, and even vegetarian! Toasted ciabattini is topped with caramelised onion & cranberries, brie, fresh greens, & a balsamic reduction. Sided with an apple & walnut salad.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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Quick & Easy

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 Deetlefs Wine Estate | Deetlefs Estate White MCC

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## Ingredients & Prep

75g	Sliced Onions
20g	Dried Cranberries
1	Ciabattini
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse &amp; cut into half-moons</i>
1	Apple <i>rinse, peel, core &amp; roughly slice ½</i>
10g	Walnuts
60g	Brie Cheese <i>slice</i>
25g	Danish-style Feta <i>drain</i>
15ml	Balsamic Reduction

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter (optional)

**1. CARAMELISED ONIONS & CRANBERRIES** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onions until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). In the final 1-2 minutes, mix through the cranberries. Remove from the pan, season, and cover.

**2. TOASTED CIABATTINI** Halve the ciabattini and spread butter (optional) or oil over the cut sides. Place a pan over medium heat. When hot, toast the ciabattini, cut-side down, until golden, 1-2 minutes.

**3. APPLE & WALNUT SALAD** In a salad bowl, combine ½ the rinsed green leaves, the cucumber half-moons, the apple slices, and the walnuts.

**4. PLATE UP PERFECTION** Top the toasted ciabattini halves with the remaining green leaves, the brie slices, and the caramelised onions. Side with the salad. Crumble the feta over the salad and drizzle with the balsamic reduction.

## Nutritional Information

Per 100g

Energy	680kj
Energy	162kcal
Protein	5.9g
Carbs	18g
of which sugars	5.6g
Fibre	2.4g
Fat	7.5g
of which saturated	3.7g
Sodium	257mg

## Allergens

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

Eat  
Within  
3 Days