



# UCOOK

## Fresh Mint & Goat's Cheese Pita

with apple & cranberries

You know the saying, Chef! An apple a day... makes the goat's cheese salad slay. Tossed together with plump peas, fresh greens, mint, sweet cranberries, and crunchy walnuts. Drizzle over the hummus sauce and enjoy with pita triangles.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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\*New Lunch

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## Ingredients & Prep

50g	Peas
30ml	Hummus
1	Pita Bread
20g	Green Leaves <i>rinse</i>
1	Apple <i>rinse, peel, core &amp; thinly slice</i>
3g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
30g	Chevin Goat's Cheese
10g	Dried Cranberries
10g	Walnuts

## From Your Kitchen

Water  
Salt & Pepper

**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 in a toaster until crispy. Allow to cool slightly before slicing into triangles.

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

## Nutritional Information

Per 100g

Energy	630kJ
Energy	151kcal
Protein	4.8g
Carbs	23g
of which sugars	6.3g
Fibre	3.6g
Fat	4.1g
of which saturated	1.4g
Sodium	178mg

## Allergens

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

Eat  
Within  
4 Days