



# UCCOOK

## Pear & Goat's Cheese Salad

with cranberries & walnuts

**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

**Lunch:** Serves 3 & 4

**Chef:** Jemimah Smith

### Nutritional Info

	Per 100g	Per Portion
Energy	504kj	1744kj
Energy	120kcal	417kcal
Protein	3.2g	11g
Carbs	19g	67g
of which sugars	13.1g	45.5g
Fibre	3.3g	11.4g
Fat	3.8g	13.3g
of which saturated	1.4g	5g
Sodium	35mg	122mg

**Allergens:** Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3 [Serves 4]

150g	200g	Peas
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
3	4	Pears <i>rinse, core &amp; roughly dice</i>
90g	120g	Chevin Goat's Cheese
15g	20g	Dried Cranberries
30g	40g	Walnuts
60ml	80ml	Balsamic Reduction

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

1. **PEAS** Boil the kettle. Submerge the peas in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

2. **SO-GOOD SALAD** In a bowl, toss together the peas, salad leaves, and the pear. Crumble over the goat's cheese. Scatter over the dried cranberries and the walnuts. Drizzle over the balsamic reduction.