



UCOOK

Crispy Bacon Salad

with roasted beetroot & baby potatoes

We've put our hearts into creating a sensational salad that will make your taste buds sing. There's crunch from the salty bacon, freshness from various greens, and earthiness from roasted baby potatoes & beetroot. Drizzled with a divine mustard vinaigrette.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Simple & Save

 Waterkloof | Circumstance Cape Coral
Mourvedre Rose

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Ingredients & Prep

250g	Baby Potato <i>rinsed & cut in half</i>
100g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
40g	Peas
4g	Fresh Parsley
20g	Green Leaves
100g	Cucumber
20g	Radish
20ml	Mustard Vinaigrette <i>(15ml Red Wine Vinegar & 5ml Dijon Mustard)</i>
4 strips	Streaky Pork Bacon

From Your Kitchen

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

1. TINY 'TATOES Preheat the oven to 200°C. Boil the kettle. Spread the halved baby potatoes and the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. FOR THE FRESHNESS Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. Rinse, pick, and finely chop the parsley. Rinse and roughly shred the green leaves. Rinse and peel the cucumber into ribbons. Rinse and slice the radish into rounds.

3. DRESSED TO IMPRESS In a small bowl, combine ½ the chopped parsley, the mustard vinaigrette, a drizzle of olive oil, a sweetener, and seasoning.

4. IT'S ALL ABOUT THE BACON Place a pan over medium heat. When hot, fry the bacon until crispy, about 2 minutes per side. Remove from the pan and drain on paper towel. Roughly chop.

5. SCRUMPTIOUS SALAD PERFECTION Make a bed of the shredded salad leaves and the cucumber ribbons. Scatter over the crispy baby potatoes, the beetroot pieces, the plumped peas, the radish rounds, and the chopped bacon. Drizzle over the dressing and garnish with the remaining parsley. Finish it off with a crack of black pepper. You're a natural, Chef!

Nutritional Information

Per 100g

Energy	340kJ
Energy	81kcal
Protein	3.3g
Carbs	10g
of which sugars	2g
Fibre	2g
Fat	2.7g
of which saturated	0.9g
Sodium	141mg

Allergens

Sulphites

Cook
within
4 Days