



# UCOOK

## Warm Strawberry Salad

with quinoa, feta cheese & Rootstock beetroot crisps

Delightful freshness and subtle warmth. Succulent strawberries roasted in honey and spread over baby tomatoes, peas, and nutrient-rich quinoa. Finished with creamy feta cheese, a crunch of artisanal crisps, and a raspberry dressing.

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 Vegetarian

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 Warwick Wine Estate | First Lady Rosé

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## Ingredients & Prep

|       |                                                                               |
|-------|-------------------------------------------------------------------------------|
| 200g  | Fresh Strawberries                                                            |
| 60ml  | Sweet Nectar Marinade<br><i>(40ml Raspberry Vinegar<br/>&amp; 20ml Honey)</i> |
| 240g  | Chickpeas<br><i>drained &amp; rinsed</i>                                      |
| 150ml | Quinoa                                                                        |
| 200g  | Baby Tomatoes<br><i>rinsed &amp; quartered</i>                                |
| 80g   | Peas                                                                          |
| 40g   | Salad Leaves<br><i>rinsed</i>                                                 |
| 40g   | Radish<br><i>rinsed &amp; thinly sliced into<br/>rounds</i>                   |
| 100g  | Danish-style Feta<br><i>drained &amp; crumbled</i>                            |
| 8g    | Fresh Mint<br><i>rinsed, picked &amp; roughly<br/>sliced</i>                  |
| 40g   | Beetroot Crisps                                                               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. ROAST CHICKPEAS & STRAWBERRIES** Preheat the oven to 180°C. Remove the leaves from the strawberries, keeping the stems intact for decorative effect. Wipe the flesh with a damp cloth to remove any fur. Slice in half lengthways and place on a roasting tray, cut-side down. Pour over the Sweet Nectar Marinade and set aside to marinate. Place the drained chickpeas on a separate roasting tray, coat in oil, and season to taste. Spread out in a single layer and roast in the hot oven for 20-25 minutes until crispy. At the halfway mark, give the chickpeas a shift and pop the tray of marinated strawberries in the oven. Cook for the remaining roasting time until heated through and juicy. Remove both trays from the oven on completion.

**2. LET IT GRAIN** Rinse the quinoa and place in a pot. Submerge in 400ml of water, place over a medium-high heat, and bring to a simmer with the lid off. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

**3. WHILE THE QUINOA IS COOKING...** Boil the kettle. Place the quartered baby tomatoes in a bowl, coat in oil, and season to taste. Set aside to marinate until serving. If you prefer cooked tomatoes, simply place on a roasting tray and pop in the oven for 10-15 minutes until blistered. The choice is yours! Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion and set aside.

**4. TOSS THE SALAD & WHISK THE DRESSING** When the quinoa and chickpeas are ready, place in a bowl with the rinsed salad leaves. Toss together with the marinated (or roasted!) tomatoes and the warm peas. To make the Sweet Nectar Dressing, drain the juices from the tray of cooked strawberries into a small bowl. Pour in 10ml of olive oil, whisk until combined, and season to taste.

**5. WARM, FRESH, DELIGHTFUL!** Make a bed of dazzling quinoa salad and cover with the roast strawberries. Scatter with the sliced radish and top with crumbled feta. Garnish with the fresh sliced mint and drizzle over the Sweet Nectar Dressing. Finish off with a crumble of handmade beetroot crisps. Simply delicious, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 664kJ   |
| Energy             | 159Kcal |
| Protein            | 6.1g    |
| Carbs              | 22g     |
| of which sugars    | 9g      |
| Fibre              | 3.7g    |
| Fat                | 4.7g    |
| of which saturated | 2g      |
| Sodium             | 115mg   |

## Allergens

Dairy, Sulphites

Cook  
within 2  
Days