



# UCCOOK

## Blissful Berry & Blue Cheese Salad

**with juicy blueberries, honey walnuts, roasted beetroot & rich blue cheese**

A truly wonderful fusion salad, boasting an array of amazing ingredients! Fresh blueberries, crunchy nuts, tender beetroot and a rich cheese are laid out over bright green leaves, each element playing its part in making this salad a perfectly balanced taste explosion!

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**Hands-On Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Jeannette Joynt

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 Vegetarian

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 Robertson Winery | Cabernet Sauvignon

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## Ingredients & Prep

150g	Beetroot Chunks <i>cut into bite-sized pieces</i>
20g	Walnuts <i>roughly chopped</i>
30ml	Honey
5ml	Ground Cinnamon
5ml	Dijon Mustard
1	Lemon <i>½ cut into wedges</i>
1	Pear <i>rinsed &amp; cut into thin wedges</i>
1	Red Onion <i>¼ peeled &amp; thinly sliced</i>
40g	Green Leaves <i>rinsed</i>
125g	Blueberries <i>rinsed</i>
75g	Blue Cheese

## From Your Kitchen

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

**1. BEETROOT JEWELS** Preheat the oven to 200°C. Place the beetroot pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy.

**2. HONEY WALNUTS** Thoroughly grease a flat tray or dish. Place the chopped walnuts in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Set aside and return the pan to the heat. Add the honey and the cinnamon, and mix until fully combined. Allow to bubble for 2 minutes until foamy and darker in colour, swirling the pan occasionally. Don't let it cook for too long, or it'll burn! Remove the pan from the heat and stir in 1 tsp of butter – be careful, it'll be hot. Working quickly, mix in the walnuts until coated. Evenly pour onto the greased tray, sprinkle with salt, and pop in the fridge to cool.

**3. GET DRESSED!** When the beetroot is done; in a salad bowl, combine the Dijon mustard, a squeeze of lemon juice, 10ml of olive oil, and some seasoning. Add the roasted beetroot, the pear wedges, and the sliced onion (to taste). Toss until fully combined.

**4. LET'S MAKE SOME SALAD MAGIC** Make a bed of rinsed green leaves. Top with the dressed salad and sprinkle over the rinsed blueberries. Finish off with a crumble of blue cheese and a scatter of the candied walnuts. Serve with any remaining lemon wedges. Fresh and fabulous, Chef!



## Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

## Nutritional Information

Per 100g

Energy	503kj
Energy	120Kcal
Protein	3.5g
Carbs	15g
of which sugars	9.9g
Fibre	3g
Fat	5.1g
of which saturated	2.2g
Sodium	5mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 1  
Day