



UCOOK

Crispy Bacon & Butternut

with onion wedges, Danish-style feta & a rosemary vinaigrette

What's not to love about this dish, Chef? Salty & crispy bacon bits, sprinkled over butternut and onion that's oven-roasted until golden. Some creamy crumbly bits of feta, greens for freshness, and a tantalisingly tasty mustard & maple syrup salad dressing.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Simple & Save

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir

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Ingredients & Prep

500g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & cut into wedges</i>
5g	Fresh Rosemary <i>rinse, pick & finely chop</i>
12 Strips	Streaky Pork Bacon
60ml	Vinaigrette <i>(10ml Dijon Mustard, 20ml Maple-flavoured Syrup & 30ml White Wine Vinegar)</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
40g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil, ¼ of the chopped rosemary, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. CRISPY BACON Place a pan over medium-high heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly slice.

3. SALAD DRESSING Return the pan, wiped down, to low heat with a drizzle of olive oil and a knob of butter. When hot, fry the remaining rosemary until fragrant, 1-2 minutes. Remove from the heat and add the vinaigrette, 20ml of water, and seasoning. Mix to combine.

4. DINNER IS READY Make a bed of the shredded salad leaves, top with the roast butternut & onion, and sprinkle over the sliced bacon. Drizzle over the salad dressing and scatter over the crumbled feta. Well done, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil, ¼ of the chopped rosemary, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	708kj
Energy	169kcal
Protein	7.8g
Carbs	9g
of which sugars	3.9g
Fibre	1.3g
Fat	11.1g
of which saturated	4.1g
Sodium	377mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days