



# UCCOOK

## Apple & Nut Bulgur Salad

**with cashew nut cream cheese & dried cranberries**

This lovely and refreshing salad is the perfect meal to savour with family and friends. It's loaded with crunchy apple slices, toasted macadamia nuts, herby dill cashew nut cream cheese, dried cranberries, bulgur wheat, and green leaves, all coated in a golden syrup & mustard dressing.

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**Hands-on Time:** 10 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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Veggie

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Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc 2023

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## Ingredients & Prep

75ml	Bulgur Wheat <i>rinse</i>
20g	Macadamia Nuts <i>roughly chop</i>
5ml	Dijon Mustard
15ml	Golden Syrup
1	Lemon <i>rinse &amp; cut into wedges</i>
50ml	Cashew Nut Cream Cheese
3g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
1	Apple <i>rinse</i>
20g	Green Leaves <i>rinse &amp; roughly shred</i>
20g	Spinach <i>rinse</i>
1	Celery Stalk <i>rinse &amp; thinly slice</i>
20g	Dried Cranberries

## From Your Kitchen

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

**1. SIMMER** Boil the kettle. Place the rinsed bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain (if necessary), fluff with a fork, and set aside.

**2. TOAST** Place the chopped macadamia nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. DRESSING** In a bowl, combine the Dijon mustard, the golden syrup, the juice from 1 lemon wedge, and 20ml of olive oil. In a small bowl, combine the cashew nut cream cheese with ½ of the chopped dill, and season.

**4. ALWAYS BETTER TOGETHER** Slice ½ of the rinsed apple into thin wedges and place in a salad bowl. Add the cooked bulgur, the rinsed green leaves, the rinsed spinach, the sliced celery, and the golden syrup & mustard dressing (to taste). Toss until fully combined.

**5. TASTE THE SUMMER VIBES** Plate up a heaping helping of the beautiful salad. Garnish with dollops of dill-cashew nut cream cheese, the toasted nuts, the dried cranberries, and the remaining dill. Serve with a lemon wedge. Wow!

## Nutritional Information

Per 100g

Energy	542kj
Energy	130kcal
Protein	3.2g
Carbs	22g
of which sugars	7.1g
Fibre	4.3g
Fat	4.5g
of which saturated	0.7g
Sodium	73mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat  
Within  
3 Days