



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: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Rhea Hsu

 Simple & Save

 Waterkloof | Circumstance Cape Coral
Mourvedre Rose

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Ingredients & Prep

| | |
|----------|----------------------------------------------------------------------------------------|
| 500g | Baby Potato <i>rinsed & cut in half</i> |
| 200g | Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i> |
| 80g | Peas |
| 8g | Fresh Parsley |
| 40g | Green Leaves |
| 200g | Cucumber |
| 40g | Radish |
| 40ml | Mustard Vinaigrette <i>(30ml Red Wine Vinegar & 10ml Dijon Mustard)</i> |
| 8 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