



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Simple & Save

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Stettyn Wines | Stettyn Family Range Rosé  
Chardonnay Pinot Noir

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## Ingredients & Prep

1kg	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; cut into wedges</i>
10g	Fresh Rosemary <i>rinse, pick &amp; finely chop</i>
24 strips	Streaky Pork Bacon
125ml	Vinaigrette <i>(20ml Dijon Mustard, 45ml Maple-flavoured Syrup &amp; 60ml White Wine Vinegar)</i>
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
80g	Danish-style Feta <i>drain &amp; 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, 30-35 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, 40ml 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