



# UCCOOK

## Apple & Nut Bulgur Salad

with cashew nut cream cheese & dried cranberries

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**Chef:** Alex Levett

**Wine Pairing:** Painted Wolf Wines | The Den Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	696kJ	3069kJ
Energy	167kcal	734kcal
Protein	4.5g	20g
Carbs	27g	118g
of which sugars	9g	39.6g
Fibre	4.5g	19.7g
Fat	5.2g	23.1g
of which saturated	0.9g	4g
Sodium	107mg	471mg

**Allergens:** Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

75ml	150ml	Bulgur Wheat <i>rinse</i>
20g	40g	Cashew Nut Pieces <i>roughly chop</i>
5ml	10ml	Dijon Mustard
15ml	30ml	Golden Syrup
15ml	30ml	Lemon Juice
50ml	100ml	Cashew Nut Cream Cheese
3g	5g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
1	2	Apple/s <i>rinse</i>
20g	40g	Green Leaves <i>rinse &amp; roughly shred</i>
20g	40g	Spinach <i>rinse</i>
1	2	Celery Stalk/s <i>rinse &amp; thinly slice</i>
10g	20g	Dried Cranberries

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

1. **SIMMER** Boil the kettle. Place the bulgur wheat in a pot with 150ml [\[300ml\]](#) 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 cashews 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 (to taste), the lemon juice (to taste) and 20ml [\[40ml\]](#) of olive oil. In a small bowl, combine the cashew nut cream cheese with ½ the dill, and season.

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

5. **TASTE THE AUTUMN 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. Enjoy, Chef!