



# U C O O K

— COOKING MADE EASY

## ALMOND-CRUSTED CAMEMBERT

**with cranberries & roast beets, baby potatoes and kale**

Camembert and cranberries: one of the greatest food romances of all time. These warm, soft mini cheeses are pan fried in a crispy almond flour crust and decorated with tangy, saucy cranberries and fresh mint.

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Abigail Goschen

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 **Vegetarian**

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## Ingredients & Prep

150g	Baby Potatoes <i>rinsed &amp; halved</i>
150g	Beetroot <i>rinsed, trimmed &amp; cut into bite-size chunks</i>
65ml	Ground Almonds
2	Dalewood Fromage Mini Camembert
10g	Pumpkin Seeds
50g	Kale <i>rinsed &amp; roughly shredded</i>
20g	Dried Cranberries
15ml	Raspberry Vinegar
1	Lemon <i>one half cut into wedges</i>
3g	Fresh Mint <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. ROAST TATERS** Preheat the oven to 200°C. Place the halved baby potatoes and beetroot chunks on a roasting tray. Spread out in a single layer, coat in oil, and season to taste. Roast in the hot oven for 35-40 minutes until cooked through, shifting halfway.

**2. CRUMBED CAMEMBERT** Whisk 1 egg in a dish with a tsp of water. Prepare a second dish containing the ground almonds. Coat one mini camembert in the egg mixture first, and then in the ground almonds. When coating in the ground almonds, press them into the cheese so they stick and coat evenly. Repeat this process to create a second coating. On completion, it should be fully coated in a thick crust. Repeat with the other mini camembert and set aside until frying.

**3. TOAST THE SEEDS** Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

**4. CRISP THE KALE** When the roast veg is halfway, place the kale in a bowl with some oil and seasoning. Using your hands, massage until soft and coated in oil. Remove the tray of veg from the oven and scatter over the kale. Return to the oven and cook for the remaining time until becoming crispy.

**5. GOLDEN CAMEMBERT** Return the pan to a high-heat with enough oil to cover the base. When hot, fry the crumbed camembert for 1-2 minutes per side until crispy and golden. Transfer to a small, lightly greased baking tray and pop in the oven under the veg roast to keep warm until serving. Alternatively, place on the roasting tray in between the veggies if there's space.

**6. TANGY CRANBERRIES** Drain the oil from frying the camembert, reserving about a tbsp in the pan. Return to medium-high heat with a large knob of butter. When it begins to foam, add in the dried cranberries, raspberry vinegar, and lemon juice to taste. Reduce the heat and sauté for 2-3 minutes until the cranberries are soft, stirring constantly. Remove from the heat on completion.

**7. DEVOUR!** Make a bed of roast potatoes, beetroot, and kale. Pop the crunchy camembert on top and cover with the cranberries. Sprinkle over the toasted seeds and garnish with the rinsed mint leaves. Serve with a lemon wedge on the side. Bon appétit, Chef!



## Chef's Tip

Kale is high in iron, and it's also high in vitamin C, which increases iron absorption. Simply sauté it or crisp it in the oven. It's also delicious raw, but first needs to be coated in an acid (like lemon juice) for its nutrients to be available to your body.

## Nutritional Information

Per 100g

Energy	923kJ
Energy	221Kcal
Protein	9.2g
Carbs	9g
of which sugars	2.2g
Fibre	4.4g
Fat	14.5g
of which saturated	3.9g
Sodium	217mg

## Allergens

Egg, Dairy, Sulphites, Tree Nuts

Cook  
within 3  
Days