

UCOOK

Dreamy Pea & Bacon Salad

with crispy croutons

Get bowled over with this lipsmacking loaded salad. We're talking crispy bacon, plumped peas, carrot ribbons, cucumber rounds, fresh parsley, and crunchy croutons. All coated in a heavenly creamy mayo sauce. So delish!

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kelly Fletcher

Simple & Save

 Strandveld | First Sighting Rosé

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Ingredients & Prep

4 strips	Streaky Pork Bacon
100g	Peas
1	Baguette <i>cut ½ into bite-sized pieces</i>
120g	Carrot <i>rinse, trim & peel into ribbons</i>
100g	Cucumber <i>rinse & cut into thin rounds</i>
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
50ml	Creamy Mayo <i>(25ml Mayo & 25ml Sour Cream)</i>

From Your Kitchen

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

1. 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 chop.

2. PLUMP PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. CRUNCHY CROUTONS Toss the baguette chunks in a drizzle of olive oil and seasoning. Return the pan, wiped down, to medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

4. LOADED SALAD To a salad bowl, add the plumped peas, the carrot ribbons, the cucumber rounds, the chopped bacon, the chopped parsley, ½ the croutons, and the creamy mayo. Mix to combine and season.

5. SERVICE, PLEASE! Bowl up the creamy pea salad and top with the remaining croutons. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the baguette chunks in oil and seasoning. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	673kJ
Energy	161kcal
Protein	5.9g
Carbs	19g
of which sugars	4.3g
Fibre	2.5g
Fat	6.7g
of which saturated	1.7g
Sodium	268mg

Allergens

Gluten, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days