



UCOOK

Fresh Mint & Goat's Cheese Pita

with apple & cranberries

You know the saying, Chef! An apple a day... makes the goat's cheese salad slay. Tossed together with plump peas, fresh greens, mint, sweet cranberries, and crunchy walnuts. Drizzle over the hummus sauce and enjoy with pita triangles.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 3 People

Chef: Jemimah Smith

*New Lunch

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Ingredients & Prep

150g	Peas
90ml	Hummus
3	Pita Breads
60g	Wild Rocket <i>rinse</i>
2	Apples <i>rinse, peel, core & thinly slice</i>
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
90g	Chevin Goat's Cheese
30g	Dried Cranberries
30g	Walnuts

From Your Kitchen

Water
Salt & Pepper

1. PEAS & HUMMUS Boil the kettle. Submerge the peas in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. In a small bowl, loosen the hummus with water in 5ml increments until drizzling consistency.

2. PITA PARTY Toast the pitas in a toaster until crispy. Allow to cool slightly before slicing into triangles.

3. SO-GOOD SALAD In a bowl, toss together the drained peas, the shredded green leaves, the sliced apple, and the chopped mint. Crumble over the goat's cheese. Scatter over the dried cranberries and the walnuts. Drizzle over the loosened hummus. Side with the pita triangles.

Nutritional Information

Per 100g

Energy	630kj
Energy	151kcal
Protein	4.8g
Carbs	23g
of which sugars	6.3g
Fibre	3.6g
Fat	4.1g
of which saturated	1.4g
Sodium	178mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts

Eat
Within
4 Days