



# UCOOK

## Fresh Vegetarian Apple & Walnut Salad

with green beans & goat's cheese

A lovely fresh lunch or light but satisfying dinner, this salad shows what happens when textures and flavours are expertly balanced. Savour the combination of charred green beans, tangy sun-dried tomatoes, crunchy apple, oven-roasted butternut, toasted walnuts, fresh herbs, and goat's cheese. Deceptively simple, definitely delicious!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Samantha du Toit

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 Carb Conscious

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 Laborie Estate | Laborie Chenin Blanc 2023

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## Ingredients & Prep

500g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i>
20ml	NOMU Roast Rub
200g	Green Beans <i>rinse, trim &amp; slice into thirds</i>
20g	Walnuts
40ml	Red Wine Vinegar
10ml	Dried Oregano
5g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
40g	Green Leaves <i>rinse</i>
1	Apple <i>rinse, peel, core &amp; dice</i>
40g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
100g	Chevin Goat's Cheese

## From Your Kitchen

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

**1. BEGIN WITH BUTTERNUT** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. BEAN THERE, DONE THAT** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced green beans until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. ADD THE CRUNCH** Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. DRESSED FOR DINNER** In a salad bowl, combine the vinegar (to taste), the oregano, ½ the chopped parsley, 40ml of olive oil, and seasoning. Toss through the rinsed green leaves, the diced apple, the chopped sun-dried tomatoes, the charred green beans, and the roasted butternut.

**5. SENSATIONAL SALAD** Plate up the loaded salad. Scatter over the toasted nuts and crumble over the goat's cheese. Garnish with the remaining parsley.



## Chef's Tip

Air fryer method: Coat the butternut pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	357kJ
Energy	85kcal
Protein	3g
Carbs	11g
of which sugars	5.3g
Fibre	2.6g
Fat	3.1g
of which saturated	1.3g
Sodium	113mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days