



UCCOOK

Pear, Biltong & Bocconcini Salad

with toasted pecan nuts & a mustard dressing

A pear pairing with salty biltong, delicately creamy bocconcini halves, toasted pecans, and fluffy quinoa. Pour over the must-have-on-every-salad mustard dressing and all you have to do now, Chef, is savour every bite of this unforgettable salad!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha du Toit

 Fan Faves

 Waterkloof | False Bay Chardonnay

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Ingredients & Prep

225ml	Quinoa <i>rinsed</i>
30g	Pecan Nuts <i>roughly chopped</i>
60ml	Mustard Dressing <i>(7,5ml Dijon Mustard, 45ml White Wine Vinegar & 7,5ml Red Tabasco Sauce)</i>
2	Spring Onions <i>rinsed, trimmed & finely sliced, keeping the white & green parts separate</i>
60g	Green Leaves <i>rinsed & roughly shredded</i>
2	Pears <i>rinsed, ½ cut into matchsticks & ½ thinly sliced</i>
150g	Free-range Beef Biltong
12	Bocconcini Balls <i>drained & halved</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender

1. QUINOA Place the rinsed quinoa in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. TOASTED PECAN NUTS Place the chopped pecan nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. DRESSING Add the mustard dressing, the sliced spring onion whites, 90ml of olive oil, a sweetener, and seasoning to a blender. Pulse until smooth. Add a splash of water to loosen (if necessary).

4. CAN'T MATCH THIS In a bowl, combine the cooked quinoa, the shredded green leaves, and the pear matchsticks.

5. SENSATIONAL SALAD Plate up the quinoa salad. Top with the pear slices, the biltong, and the halved bocconcini balls. Sprinkle over the toasted pecans. Garnish with the spring onion greens and drizzle over the mustard dressing (to taste).

Nutritional Information

Per 100g

Energy	741kJ
Energy	177kcal
Protein	11.9g
Carbs	18g
of which sugars	5.3g
Fibre	2.9g
Fat	6.9g
of which saturated	2.4g
Sodium	224mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within
4 Days