



UCOOK

Apple & Nut Bulgur Salad

with cashew nut cream cheese & dried cranberries

This lovely and refreshing salad is the perfect meal to savour with family and friends. It's loaded with crunchy apple slices, toasted macadamia nuts, herby dill cashew nut cream cheese, dried cranberries, bulgur wheat, and green leaves, all coated in a golden syrup & mustard dressing.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Alex Levett

Veggie

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc 2023

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Ingredients & Prep

150ml	Bulgur Wheat <i>rinse</i>
40g	Macadamia Nuts <i>roughly chop</i>
10ml	Dijon Mustard
30ml	Golden Syrup
1	Lemon <i>rinse & cut into wedges</i>
100ml	Cashew Nut Cream Cheese
5g	Fresh Dill <i>rinse, pick & roughly chop</i>
1	Apple <i>rinse</i>
40g	Green Leaves <i>rinse & roughly shred</i>
40g	Spinach <i>rinse</i>
2	Celery Stalks <i>rinse & thinly slice</i>
40g	Dried Cranberries

From Your Kitchen

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

1. SIMMER Boil the kettle. Place the rinsed bulgur wheat in a pot with 300ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain (if necessary), fluff with a fork, and set aside.

2. TOAST Place the chopped macadamia 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 In a bowl, combine the Dijon mustard, the golden syrup, the juice from 2 lemon wedges, and 40ml of olive oil. In a small bowl, combine the cashew nut cream cheese with ½ of the chopped dill, and season.

4. ALWAYS BETTER TOGETHER Slice the rinsed apple into thin wedges and place in a salad bowl. Add the cooked bulgur, the rinsed green leaves, the rinsed spinach, the sliced celery, and the golden syrup & mustard dressing (to taste). Toss until fully combined.

5. TASTE THE SUMMER VIBES Plate up a heaping helping of the beautiful salad. Garnish with dollops of dill-cashew nut cream cheese, the toasted nuts, the dried cranberries, and the remaining dill. Serve with a lemon wedge. Wow!

Nutritional Information

Per 100g

Energy	542kJ
Energy	130kcal
Protein	3.2g
Carbs	22g
of which sugars	7.1g
Fibre	4.3g
Fat	4.5g
of which saturated	0.7g
Sodium	73mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days