



UCCOOK

Pear & Goat's Cheese Salad

with cranberries & walnuts

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	504kJ	1744kJ
Energy	120kcal	417kcal
Protein	3.2g	11g
Carbs	19g	67g
of which sugars	13.1g	45.5g
Fibre	3.3g	11.4g
Fat	3.8g	13.3g
of which saturated	1.4g	5g
Sodium	35mg	122mg

Allergens: Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Peas
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Pear/s <i>rinse, core & roughly dice</i>
30g	60g	Chevin Goat's Cheese
5g	10g	Dried Cranberries
10g	20g	Walnuts
20ml	40ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

1. **PEAS** Boil the kettle. Submerge the peas in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

2. **SO-GOOD SALAD** In a bowl, toss together the peas, salad leaves, and the pear. Crumble over the goat's cheese. Scatter over the dried cranberries and the walnuts. Drizzle over the balsamic reduction.