



UCOOK

Rooibos-poached Apple & Biltong Salad

with gnocchi, sun-dried tomatoes & kale

What's the tea today, Chef? This intricate, innovative, and incredibly tasty salad! Featuring two uniquely South African ingredients, biltong and rooibos tea. Golden pan-roasted gnocchi are tossed with biltong, sun-dried tomatoes, earthy kale, plump pops of corn & crunchy almonds, and coated in a rooibos, white wine & spice-infused mustard cream.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Adventurous Foodie

Groote Post Winery | Groote Post Riesling

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Ingredients & Prep

1	Apple <i>rinse, peel, core & halve</i>
50ml	White Wine
1	Rooibos Tea Bag
7g	Spice Blend <i>(1 Star Anise, 1 Cinnamon Stick & 5ml Black Peppercorns)</i>
175g	Potato Gnocchi
5g	Almonds <i>roughly chop</i>
40g	Corn
40g	Kale <i>rinse & roughly shred</i>
25ml	Mustard Cream <i>(5ml Dijon Mustard & 20ml Sour Cream)</i>
50g	Beef Biltong
20g	Sun-dried Tomatoes <i>drain</i>
20ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. PERFECTLY POACHED In a pot, combine one half of the apple, the wine, the tea bag, the spice blend, 10ml of sweetener, and 150ml of water. Place over medium heat and cover. Simmer until the apple is tender and the liquid is slightly reduced, 15-20 minutes. Remove from the pot, reserving the poaching liquid, and slice the apple to resemble a fan.

2. IT'S A GO FOR GNOCCHI Bring a pot of salted water to a boil for the gnocchi. Cook the gnocchi until they float to the surface, 1-2 minutes. Remove from the heat and drain.

3. AND NOW FOR THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. GOLDEN GNOCCHI Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the cooked gnocchi in a single layer until golden, 2-4 minutes (shifting as they colour). Remove from the pan and set aside.

5. CHARRED CORN & WILTED KALE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). In the final 1-2 minutes, add the rinsed kale and cook until wilted. Remove from the pan and set aside.

6. LAYERS OF FLAVOUR In a bowl, combine the mustard cream and loosen with the poaching liquid in 5ml increments until drizzling consistency. Add the biltong, the drained sun-dried tomatoes, the cooked gnocchi, the charred corn & kale, and seasoning.

7. SENSATIONAL SALAD Plate up the biltong and gnocchi salad. Sprinkle over the grated cheese, top with the fanned apple, and scatter over the toasted nuts. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	539kJ
Energy	129kcal
Protein	7.1g
Carbs	13g
of which sugars	4.8g
Fibre	3.7g
Fat	4.9g
of which saturated	1.9g
Sodium	283mg

Allergens

Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Eat
Within
3 Days