



# UCCOOK

## Fresh Vegetarian Apple & Walnut Salad

with green beans & feta

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Samantha du Toit

**Wine Pairing:** Sophie Germanier Organic | Sophie Germanier Rosé Organic

### Nutritional Info

	Per 100g	Per Portion
Energy	330kJ	2197kJ
Energy	79kcal	525kcal
Protein	3g	19.8g
Carbs	10g	69g
of which sugars	5.8g	38.7g
Fibre	2.7g	18.2g
Fat	3.1g	20.7g
of which saturated	1.3g	8.6g
Sodium	113mg	751mg

**Allergens:** Allium, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
10ml	20ml	NOMU Roast Rub
100g	200g	Green Beans <i>rinse &amp; slice into thirds</i>
10g	20g	Walnuts
20ml	40ml	Red Wine Vinegar
5ml	10ml	Dried Oregano
3g	5g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
1	1	Apple <i>rinse, peel, core &amp; dice ½ [1]</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
40g	80g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. BEGIN WITH PUMPKIN** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. BEAN THERE, DONE THAT** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the 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 parsley, 20ml [40ml] of olive oil, and seasoning. Toss through the salad leaves, the apple, the sun-dried tomatoes, the green beans, and the pumpkin.

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