

# UCOOK

## Dreamy Pea & Bacon Salad

with **crispy croutons**

Get bowled over with this lipsmacking loaded salad. We're talking crispy bacon, plumped peas, carrot ribbons, cucumber rounds, fresh parsley, and crunchy croutons. All coated in a heavenly creamy mayo sauce. So delish!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Kelly Fletcher

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Simple & Save

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## Ingredients & Prep

8 strips	Streaky Pork Bacon
200g	Peas
1	Baguette <i>cut into bite-sized pieces</i>
120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
200g	Cucumber <i>rinse &amp; cut into thin rounds</i>
5g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
100ml	Creamy Mayo <i>(50ml Mayo &amp; 50ml Sour Cream)</i>

## From Your Kitchen

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

**1. CRISPY BACON** Place a pan over medium-high heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

**2. PLUMP PEAS** Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

**3. CRUNCHY CROUTONS** Toss the baguette chunks in a drizzle of olive oil and seasoning. Return the pan, wiped down, to medium heat. When hot, toast the bread until crispy, 3-4 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

**4. LOADED SALAD** To a salad bowl, add the plumped peas, the carrot ribbons, the cucumber rounds, the chopped bacon, the chopped parsley, ½ the croutons, and the creamy mayo. Mix to combine and season.

**5. SERVICE, PLEASE!** Bowl up the creamy pea salad and top with the remaining croutons. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the baguette chunks in oil and seasoning. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	673kJ
Energy	161kcal
Protein	5.9g
Carbs	19g
of which sugars	4.3g
Fibre	2.5g
Fat	6.7g
of which saturated	1.7g
Sodium	268mg

## Allergens

Gluten, Wheat, Sulphites, Cow's Milk

Eat  
Within  
3 Days