



UCCOOK

Herby Pea & Bacon Salad

with crispy chickpeas

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	790kJ	4048kJ
Energy	189kcal	968kcal
Protein	8.3g	42.3g
Carbs	13g	67g
of which sugars	2.2g	11.5g
Fibre	3g	15.5g
Fat	11.4g	58.3g
of which saturated	3.3g	16.9g
Sodium	280mg	1437mg

Allergens: Sulphites, Egg, Cow's Milk

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized chunks</i>
4 strips	8 strips	Streaky Pork Bacon
100g	200g	Peas
60g	120g	Chickpeas <i>drain & rinse</i>
30ml	60ml	Mayo
30ml	60ml	Low Fat Plain Yoghurt
3g	5g	Fresh Parsley <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. HOT POTATO Boil the kettle. Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. 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. BETTER WITH BACON Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Once cooled, roughly chop the bacon.

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

4. SENSATIONAL SALAD In a big salad bowl, mix the mayo, yoghurt and ½ the parsley together and season well. Toss the crispy potatoes, peas, ½ the bacon and the chickpeas through the creamy mayo. Garnish with the remaining parsley and bacon. As simple as that, dinner is served!