



UCOOK

Fresh Vegetarian Apple & Walnut Salad

with green beans & goat's cheese

A lovely fresh lunch or light but satisfying dinner, this salad shows what happens when textures and flavours are expertly balanced. Savour the combination of charred green beans, tangy sun-dried tomatoes, crunchy apple, oven-roasted butternut, toasted walnuts, fresh herbs, and goat's cheese. Deceptively simple, definitely delicious!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Carb Conscious

 Laborie Estate | Laborie Chenin Blanc 2023

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
10ml	NOMU Roast Rub
100g	Green Beans <i>rinse, trim & slice into thirds</i>
10g	Walnuts
20ml	Red Wine Vinegar
5ml	Dried Oregano
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
20g	Green Leaves <i>rinse</i>
1	Apple <i>rinse, peel, core & dice ½</i>
20g	Sun-dried Tomatoes <i>drain & roughly chop</i>
50g	Chevin Goat's Cheese

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. BEAN THERE, DONE THAT Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced green beans until starting to char, 4-5 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 chopped parsley, 20ml of olive oil, and seasoning. Toss through the rinsed green leaves, the diced apple, the chopped sun-dried tomatoes, the charred green beans, and the roasted butternut.

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



Chef's Tip

Air fryer method: Coat the butternut pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	357kJ
Energy	85kcal
Protein	3g
Carbs	11g
of which sugars	5.3g
Fibre	2.6g
Fat	3.1g
of which saturated	1.3g
Sodium	113mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days