



UCCOOK

Plant-based Tenders & Charred Carrot

with a mustard dressing

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Muratie Wine Estate | Muratie Mr May Grenache

Nutritional Info	Per 100g	Per Portion
Energy	406.3kJ	2131.4kJ
Energy	97.2kcal	509.8kcal
Protein	7.8g	40.9g
Carbs	12.4g	65.3g
of which sugars	3.5g	18.1g
Fibre	2.6g	13.6g
Fat	1.6g	8.6g
of which saturated	0.2g	1.1g
Sodium	84mg	440.7mg

Allergens: Soya, Gluten, Wheat, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
22,5g	30g	Pine Nuts
720g	960g	Carrot <i>rinse, peel (optional) & cut into bite-sized pieces, on the diagonal</i>
600g	800g	Green Fields Vegan Chicken-style Strips
60ml	80ml	Mustard Dressing <i>(30ml [40ml] Dijon Mustard, 15ml [20ml] Red Wine Vinegar & 15ml [20ml] Maple-flavoured Syrup)</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>
90g	120g	Croutons

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

1. PINING FOR PINE NUTS Place the pine nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. GOLDEN GREEN FIELD STRIPS Return the pan to medium-high heat with a drizzle of oil. Fry the carrot until starting to brown and soften, 8-10 minutes (shifting occasionally). Remove from the heat and cover. Return the pan to medium heat with some more oil, if necessary. Fry the Green Fields strips until golden, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. MMMUSTARD DRESSING In a small bowl, combine the mustard dressing with some olive oil or a splash of water. With a fork, mix to form a smooth dressing. Season and set aside.

4. A TASTE SENSATION Plate up the salad leaves, topped with the carrots, Green Fields strips and coriander. Drizzle over the mustard dressing. Finish off with the pine nuts and the croutons. Enjoy, Chef!