

UCOOK

Honey-Roasted Pear Salad

with quinoa, candied pecans & goat's cheese crème

A scrumptious way to warm up an autumn evening. Vibrant quinoa and peas form a base for pear roasted in a honey and wine glaze. With flourish from goat's cheese whipped with cream, leaves tossed with raspberry vinaigrette, and cracks of buttery pecan nut brittle.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Deon Huysamer

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

50g	Chevin Goat's Cheese
10ml	White Wine
50ml	Honey
1	Pear <i>quartered lengthways & core removed</i>
3g	Fresh Thyme <i>rinsed & picked</i>
100ml	Quinoa
5ml	Vegetable Stock
15g	Pecan Nuts <i>roughly chopped</i>
40ml	Fresh Cream
12,5ml	Raspberry Vinaigrette <i>(10ml Raspberry Vinegar & 2,5ml Dijon Mustard)</i>
20g	Green Leaves <i>rinsed</i>
40g	Peas <i>drained</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Butter
Tinfoil

1. HONEY-ROASTED PEAR Preheat the oven to 200°C. Remove the goat's cheese from the fridge and set aside to come to room temperature. Combine the wine with $\frac{3}{4}$ of the honey. Place the pear quarters cut-side up on a tinfoil-lined roasting tray. Drizzle with the honey-wine glaze, sprinkle over $\frac{3}{4}$ of the rinsed thyme leaves, and season. Make sure to use lots of salt to balance the sweetness of the glaze. Roast in the hot oven for 15-20 minutes until caramelised. At the halfway mark, pop in a few small knobs of butter and return to the oven for the remaining cooking time.

2. BUBBLE UP THE QUINOA Rinse the quinoa and place in a pot with the stock. Submerge in 200ml of water and stir through. Place over a medium-high heat and bring to a simmer uncovered. Cook for 15-20 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking.

3. TANTALISING BRITTLE Thoroughly grease a flat tray or dish. Place the chopped pecans in a small pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Set aside and return the pan to the heat. Add in the remaining honey and allow to bubble for 2 minutes until foamy and darker in colour, swirling the pan occasionally. Don't let it cook for too long, or it'll burn! Remove the pan from the heat and stir in 1 tsp of butter — be careful, it'll be hot. Working quickly, mix in the pecans until coated. Evenly pour onto the greased tray, sprinkle with salt, and pop in the fridge to cool.

4. SASSY LEAVES Using a whisk or fork, beat the goat's cheese and cream until smooth and fluffy. Set aside for serving. Place the raspberry vinaigrette in a small bowl. Combine with a small splash of water, 1 tbsp of olive oil, and some seasoning. Toss $\frac{1}{2}$ of the dressing through the rinsed green leaves.

5. SPRUCE UP THE QUINOA When the quinoa is cooked, drain if necessary and return to the pot. Toss through the drained peas, cover with a lid, and set aside to steam for 5 minutes. On completion, toss through the remaining dressing and season to taste.

6. DONE & DUSTED! Pile up some quinoa and peas, cover in green leaves, and top with the sticky pears. Scatter over the candied pecans, dollop with goat's cheese crème, and sprinkle over the remaining thyme leaves. PEARfection!



Chef's Tip

If the honey is too hard to mix, pop it in the microwave for 5-10 seconds before combining.

Nutritional Information

Per 100g

Energy	933kj
Energy	223Kcal
Protein	5.6g
Carbs	31g
of which sugars	16.6g
Fibre	3.5g
Fat	9.2g
of which saturated	3.9g
Sodium	150mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within
4 Days