



# UCOOK

## Mushroom & Goat's Cheese Salad

with bulgur wheat & honey walnuts

Salad doesn't have to be boring, and this bulgur wheat & crunchy honey-glazed walnut salad proves it! With mushrooms, red onion, and creamy goat's cheese, there is nothing lacking in this goodness-packed plate of yum!

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Hannah Duxbury

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 Veggie

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 Boschendal | 1685 Sauvignon Blanc

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## Ingredients & Prep

75ml	Bulgur Wheat
10g	Walnuts <i>roughly chopped</i>
10ml	Honey
1	Red Onion <i>½ peeled &amp; finely sliced</i>
125g	Button Mushrooms <i>wiped clean &amp; quartered</i>
10ml	NOMU Provençal Rub
2,5ml	Dijon Mustard
1	Lemon <i>½ zested &amp; cut into wedges</i>
20g	Salad Leaves <i>rinsed</i>
50g	Chevin Goat's Cheese <i>sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter (optional)

**1. BULGUR WHEAT** Boil the kettle. Using a shallow bowl, submerge the bulgur wheat in 75ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion, season, replace the plate, and set aside.

**2. HONEY NUTS** Place the chopped walnuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Add ½ the honey, and mix until the nuts are fully coated in the honey. Remove from the pan, place on a plate and season with a pinch of salt. Break apart once cooled.

**3. CARAMEL ONIONS** Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft, browned and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. Cover, and set aside to keep warm.

**4. SAUTÉED MUSHROOMS & DRESSING** Place a nonstick pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the quartered mushrooms and the rub for 3-5 minutes until soft and golden, shifting as they colour. Remove from the pan on completion and season to taste. In a small bowl, combine the mustard, the remaining honey, a drizzle of oil, seasoning, and a squeeze of lemon juice.

**5. PLATE IT UP!** Plate up the fluffy bulgur wheat. Top with the rinsed salad leaves, the caramelised onions, the fried mushrooms, and the sliced goat's cheese. Sprinkle over the honey nuts and drizzle over the mustard dressing. Garnish with any remaining lemon wedge on the side. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	583kj
Energy	139Kcal
Protein	6g
Carbs	19g
of which sugars	5.3g
Fibre	3.8g
Fat	4.7g
of which saturated	2g
Sodium	167mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within 3  
Days