



# UCOOK

## Waterkloof's Pomegranate & Roast Veg

with Danish-style feta

Roasted veggies get a taste bud upgrade with a dressing made to impress. Pomegranate juice, balsamic reduction, lemon juice & zest with olive oil combine to make this dish shine once drizzled over the bed of green leaves, roasted veggie salad, and creamy feta. You have a new 'best kept secret' sauce, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Waterkloof Wine Farm

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 Veggie

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 Waterkloof | False Bay Cinsault / Mourvèdre  
Rosé

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## Ingredients & Prep

|      |                                                                                        |
|------|----------------------------------------------------------------------------------------|
| 500g | Sweet Potato Chunks<br><i>rinsed &amp; cut into bite-sized pieces</i>                  |
| 1    | Onion<br><i>peeled &amp; cut into wedges</i>                                           |
| 240g | Baby Carrots<br><i>rinsed, halved &amp; stems removed</i>                              |
| 400g | Beetroot<br><i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized pieces</i> |
| 30ml | Pomegranate Dressing<br><i>(20ml Pomegranate Juice &amp; 10ml Balsamic Reduction)</i>  |
| 1    | Lemon<br><i>zested &amp; cut into wedges</i>                                           |
| 20g  | Dried Pomegranate Gems                                                                 |
| 5g   | Fresh Mint<br><i>rinsed, picked &amp; roughly chopped</i>                              |
| 60g  | Danish-style Feta<br><i>drained</i>                                                    |
| 40g  | Green Leaves<br><i>rinsed</i>                                                          |

## From Your Kitchen

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

**1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the sweet potato pieces, the onion wedges, and the halved baby carrots on a roasting tray. Coat in oil and season. Place the beetroot pieces on a separate roasting tray, coat in oil and season. Pop both trays into the hot oven until golden, 25-30 minutes (shifting halfway).

**2. DELICIOUS POMEGRANATE DRESSING** In a salad bowl, combine the pomegranate dressing, a drizzle of olive oil, the juice from 2 lemon wedges, the lemon zest (to taste), and seasoning. Set aside.

**3. ALMOST THERE** When the roast is done, add the veg to a bowl with the dried pomegranate gems and ½ the chopped mint. Crumble over ½ the feta and toss to combine.

**4. PAT YOURSELF ON THE BACK** Make a bed of the rinsed leaves and top with the roasted veg salad. Drizzle over the pomegranate dressing. Crumble over the remaining feta and garnish with the remaining mint. Serve any remaining lemon wedges on the side.



## Chef's Tip

Air fryer method: Coat the beetroot pieces, halved baby carrots, sweet potato pieces and onion wedges in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 291kj  |
| Energy             | 73kcal |
| Protein            | 2g     |
| Carbs              | 11g    |
| of which sugars    | 4.6g   |
| Fibre              | 2.5g   |
| Fat                | 1.3g   |
| of which saturated | 0.8g   |
| Sodium             | 93mg   |

## Allergens

Dairy, Allium, Sulphites

Cook  
within  
4 Days