



UCOOK

Cinnamon Pumpkin & Chickpea Salad

with tahini & crispy kale

Pumpkin & beet pieces are roasted in cinnamon and loaded with chickpeas & baby marrow. This dreamy roast veg medley lies on a bed of crispy kale, all dressed up in a creamy tahini & coconut yoghurt dressing and flecked with fresh mint leaves for a sweet & cool finish.


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Waterford Estate | Waterford OVP Chenin Blanc 2020

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Ingredients & Prep

300g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
300g	Beetroot Chunks <i>cut into bite-sized pieces</i>
7,5ml	Ground Cinnamon
180g	Chickpeas
600g	Baby Marrow
150g	Kale
60g	Pecan Nuts <i>roughly chopped</i>
125ml	Coconut Yoghurt
30ml	Tahini
15ml	Lemon Juice
60g	Dried Apricots <i>roughly chopped</i>
12g	Fresh Mint <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. ROAST THOSE ROOTS! Preheat the oven to 200°C. Spread out the pumpkin and beetroot pieces on a roasting tray. Coat in oil, the cinnamon (to taste), and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. BABY & CHICKS While the veg are roasting, drain and rinse the chickpeas. Rinse, trim, and cut the baby marrow into chunks. Place the rinsed chickpeas and the baby marrow chunks in a bowl. Coat in oil and seasoning. Set aside.

3. LOAD THAT ROAST When the roast has 15-20 minutes remaining, scatter the dressed chickpeas & baby marrow over the tray and roast for the remaining time.

4. BEYOND THE KALE OF DUTY Rinse the kale and roughly shred. Place the shredded kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated.

5. THE FINAL COUNTDOWN When the roast has 8-10 minutes remaining, pop the tray of massaged kale into the hot oven and roast for the remaining time until crispy. In the final 3-5 minutes, scatter the chopped pecans over the roast.

6. CREAMY TAHINI In a small bowl, combine the coconut yoghurt, the tahini (to taste), the lemon juice (to taste), 15ml of a sweetener of choice, and seasoning. Loosen with water in 5ml increments until a drizzling consistency.

7. COME AND GET IT! Make a bed of the crispy kale. Top with the roasted veg and drizzle over the creamy dressing. Scatter over the chopped apricots and garnish with a sprinkle of chopped mint. Splendid, Chef!

Nutritional Information

Per 100g

Energy	369kJ
Energy	88kcal
Protein	3.1g
Carbs	10g
of which sugars	4.3g
Fibre	3.1g
Fat	4g
of which saturated	0.6g
Sodium	28mg

Allergens

Sesame, Sulphites, Tree Nuts

Cook
within 2
Days