



UCCOOK

Roast Vegetable & Feta Salad

with a sour cream dressing, chickpeas & hazelnuts

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 1 & 2

Chef: Ntande Stofile

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	586kJ	3853kJ
Energy	140kcal	922kcal
Protein	5g	32.7g
Carbs	21g	139g
of which sugars	7.6g	50.1g
Fibre	3.5g	23g
Fat	4.4g	29.1g
of which saturated	1.4g	9.4g
Sodium	126mg	829mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
120g	240g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel & cut into thick wedges</i>
10ml	20ml	NOMU Moroccan Rub
75ml	150ml	Quinoa <i>rinse</i>
80g	160g	Green Beans <i>rinse & cut in half</i>
25ml	50ml	Honey
10ml	20ml	Lemon Juice
10g	20g	Hazelnuts <i>roughly chop</i>
30ml	60ml	Sour Cream
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrot, the chickpeas, and the onion on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden and cooked through, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. QUINOA Place the quinoa in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. MORE TO ROAST In a bowl, dress the green beans with olive oil and seasoning. In a small bowl, combine the honey, ½ the lemon juice (to taste), and the nuts. When the roast has 8-10 minutes remaining, scatter over the green beans and pour over the honey mixture. Roast for the remaining time until all the veggies are cooked through.

4. CREAMY DRESSING In a small bowl, combine the sour cream and the remaining lemon juice (to taste). Loosen with water in 5ml increments until drizzling consistency and season.

5. TIME TO EAT Make a bed of the fluffy quinoa and top with the roasted veggies and all the tray juices. Crumble over the feta and drizzle over the zesty sour cream. Enjoy, Chef!