



# UCOOK

## Dukkah & Lentil Barley Bowl

with coconut yoghurt & roasted vegetables

An un-beet-able recipe, Chef! Barley is cooked in vegetable stock for a mouthwatering, moreish flavour. Served with oven-roasted kale, beetroot, crispy lentils and cooling cucumber. Finished with dollops of lemon-infused coconut yoghurt.

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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:** Jenna Peoples

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Veggie

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Paardenkloof Wines | Paardenkloof "The Bend in the Road" Sauvignon Blanc

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## Ingredients & Prep

400g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; cut into wedges</i>
30ml	Old Stone Mill Dukkah Spice
200ml	Pearled Barley <i>rinse</i>
20ml	Vegetable Stock
120g	Tinned Lentils <i>drain &amp; rinse</i>
1	Bell Pepper <i>rinse, deseed &amp; cut into bite-sized pieces</i>
100g	Kale <i>rinse &amp; finely shred</i>
20g	Almonds
5g	Fresh Mint <i>rinse &amp; finely chop</i>
110ml	Zingy Coconut Yoghurt <i>(100ml ButtaNutt Coconut Yoghurt &amp; 10ml Lemon Juice)</i>
100g	Cucumber <i>rinse &amp; roughly dice</i>

## From Your Kitchen

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

**1. DUKKAH BEETS** Preheat the oven to 200°C. Spread the beetroot pieces and the onion wedges on a roasting tray. Coat in oil and ½ the dukkah spice. Roast in the hot oven until crispy, 30-35 minutes.

**2. BARLEY & STOCK** Place the pearly barley in a pot with 800ml of water and the vegetable stock. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and set aside to cool slightly.

**3. LOAD WITH LENTILS** In a bowl, coat the drained lentils and the pepper pieces in oil and season. When the onion & beetroot have 15 minutes remaining, give the tray a shift and scatter over the peppers and lentils. Roast for the remaining time.

**4. CRISPY KALE** Place the shredded kale in a bowl with a drizzle of olive oil. Using your hands, massage until softened and coated. Set aside.

**5. ALMOND ADDITION** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). At the halfway mark, add the remaining dukkah spice. Remove from the pan and set aside.

**6. VEGGIE FEAST** In a separate bowl, mix together the cooked barley, the chopped mint, the shredded kale, the roasted veg and crispy lentils. Top with the diced cucumber. Drizzle over the zingy coconut yoghurt and top with a sprinkle of the toasted almonds.

## Nutritional Information

Per 100g

Energy	378kJ
Energy	90kcal
Protein	3.3g
Carbs	16g
of which sugars	2.6g
Fibre	4.2g
Fat	1.4g
of which saturated	0.4g
Sodium	157mg

## Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Tree Nuts

Eat  
Within  
4 Days