



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.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jenna Peoples

Veggie

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

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Ingredients & Prep

600g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
2	Onions <i>peel & cut into wedges</i>
45ml	Old Stone Mill Dukkah Spice
300ml	Pearled Barley <i>rinse</i>
30ml	Vegetable Stock
180g	Tinned Lentils <i>drain & rinse</i>
2	Bell Peppers <i>rinse, deseed & cut into bite-sized pieces</i>
150g	Kale <i>rinse & finely shred</i>
30g	Almonds
8g	Fresh Mint <i>rinse & finely chop</i>
165ml	Zingy Coconut Yoghurt <i>(150ml ButtaNutt Coconut Yoghurt & 15ml Lemon Juice)</i>
150g	Cucumber <i>rinse & 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, 35-40 minutes.

2. BARLEY & STOCK Place the pearled barley in a pot with 1.2L 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