



UCOOK

Medley of Roast Veg Salad

with hummus, crispy chickpeas & fresh green leaves

Prepare yourself for a symphony of veg. And believe us, it's a chart-topper! A loaded salad of roast butternut & onion, crispy chickpeas, bright peas, and a raspberry vinegar sit atop the hummus. Finished off with a flourish of golden pita croutons. Sounds like the next feel-good hit of the summer!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

250g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into bite-sized pieces</i>
1	Onion <i>½ peeled & cut into wedges</i>
7,5ml	NOMU Moroccan Rub
15g	Almonds <i>roughly chopped</i>
50g	Peas
120g	Chickpeas <i>rinsed & drained</i>
100ml	Hummus
1	Pita Bread <i>½ torn into bite-sized chunks</i>
5ml	Lemon Juice
20g	Green Leaves <i>rinsed</i>
10ml	Raspberry Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)

1. CUE THE ROAST Preheat the oven to 200°C. Spread the butternut pieces and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. TAKE TWO Place the chopped almonds in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PLUMP PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

4. IT'S POPPIN' Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

5. HUMMUS In a small bowl, combine the hummus with the lemon juice (to taste) and season.

6. PITA PERFECT Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, toast the pita chunks until crunchy and browned, 4-6 minutes (shifting occasionally). Drain on paper towel and season.

7. FINAL ARPEGGIO In a salad bowl, combine the rinsed green leaves, the roasted onion & butternut chunks, the plumped peas, ½ the crispy chickpeas, the vinegar, a drizzle of oil, and seasoning.

8. WHAT A HIT! Smear the hummus on the plate. Top with the loaded salad and a drizzle of olive oil. Scatter over the pita croutons, the toasted almonds, and the remaining crispy chickpeas. It's a masterpiece, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces and the onion wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	539kj
Energy	129kcal
Protein	4.8g
Carbs	18g
of which sugars	2.5g
Fibre	3.8g
Fat	3g
of which saturated	0.5g
Sodium	189mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days