



# UCOOK

## Roast Vegetable & Feta Salad

**with a sour cream dressing, chickpeas & hazelnuts**

Today's recipe makes your oven do most of the work, so you can focus your energy on eating this wonderfully tasty dish, Chef! On a bed of quinoa comes NOMU Moroccan-spiced carrots, chickpeas & onions, honey-lemon green beans and crunchy hazelnuts. Drizzle with lemon zest sour cream and dinner is done.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Ntande Stofile

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Veggie

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Painted Wolf Wines | The Den Cabernet Sauvignon

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## Ingredients & Prep

|       |                                                                     |
|-------|---------------------------------------------------------------------|
| 240g  | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 240g  | Chickpeas<br><i>drain &amp; rinse</i>                               |
| 1     | Onion<br><i>peel &amp; cut into thick wedges</i>                    |
| 20ml  | NOMU Moroccan Rub                                                   |
| 150ml | Quinoa<br><i>rinse</i>                                              |
| 160g  | Green Beans<br><i>rinse &amp; cut in half</i>                       |
| 50ml  | Honey                                                               |
| 1     | Lemon<br><i>rinse, zest &amp; cut into wedges</i>                   |
| 20g   | Hazelnuts<br><i>roughly chop</i>                                    |
| 60ml  | Sour Cream                                                          |
| 60g   | Danish-style Feta<br><i>drain</i>                                   |

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the carrot pieces, the chickpeas, and the onion wedges 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).

**2. QUINOA** Place the rinsed quinoa in a pot with 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 halved green beans with olive oil and seasoning. In a small bowl, combine the honey, a squeeze of lemon juice (to taste), and the chopped nuts. When the roast has 8-10 minutes remaining, scatter the nuts 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 lemon zest (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 & all the tray juices. Crumble over the drained feta and drizzle over the zesty sour cream. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the carrot, the drained chickpeas, and the onion wedges in oil, the NOMU rub and season. Air fry at 200°C until crispy, 25-35 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 474kJ   |
| Energy             | 113kcal |
| Protein            | 4g      |
| Carbs              | 18g     |
| of which sugars    | 6.4g    |
| Fibre              | 3.4g    |
| Fat                | 3.4g    |
| of which saturated | 1.1g    |
| Sodium             | 96mg    |

## Allergens

Cow's Milk, Allium, Tree Nuts

Eat  
Within  
5 Days