



UCOOK

Vegetarian Roast with Harissa Labneh

with baby marrow, crispy lentils &
walnuts

A veggie roast is paired perfectly with crispy baby marrows, crunchy lentils, and toasted walnuts. This scrumptious feast is completed with a deliciously spicy & creamy harissa labneh. Finished off with toasted pita triangles and fresh parsley.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

100g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
120g	Tinned Lentils <i>drain & rinse</i>
80g	Baby Tomatoes <i>rinse</i>
1	Onion <i>peel & cut into wedges</i>
5ml	Ground Coriander
20g	Walnuts <i>roughly chop</i>
50ml	Labneh
20ml	Pesto Princess Harissa Paste
1	Pita Bread
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. THAT'S A RAD ROAST Preheat the oven to 200°C. Spread out the baby marrow pieces, the rinsed lentils, the rinsed baby tomatoes, and the onion wedges on a roasting tray. Coat in oil, the ground coriander, and seasoning. Roast in the hot oven until crispy and cooked through, 15-20 minutes (shifting halfway).

2. FOR THE CRUNCHY BITS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. HARISSA LABNEH In a bowl, combine the labneh and the harissa paste. Add water in 10ml increments until drizzling consistency. Season.

4. TOASTY PITA Cut the pita in half lengthways and then into small triangles. Coat in oil and season. Spread out in a single layer on a greased roasting tray and bake in the hot oven until golden, 10-12 minutes (flipping halfway).

5. TIME TO DINE! Smear ½ of the harissa labneh on the plate. Top with the veggie roast and sprinkle over the toasted pita triangles. Drizzle over the remaining harissa labneh. Garnish with the chopped parsley and the toasted walnuts. Go on, Chef... Indulge!



Chef's Tip

Air fryer method: Coat the pita triangles in oil and season. Air fry at 200°C until crispy, 15-20 minutes.

Nutritional Information

Per 100g

Energy	649kJ
Energy	155kcal
Protein	7.4g
Carbs	19g
of which sugars	2.8g
Fibre	4.7g
Fat	4.9g
of which saturated	2.1g
Sodium	292mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
4 Days