Eat Within 3 Days

Artichoke & Black Sesame Goat's Cheese

with green beans & crispy lentils

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Groote Post Winery | Groote Post Riesling

Nutritional Info	Per 100g	Per Portion
Energy	330kJ	1486kJ
Energy	79kcal	355kcal
Protein	3.9g	17.4g
Carbs	10g	45g
of which sugars	4g	18g
Fibre	2.8g	12.8g
Fat	3.5g	16g
of which saturated	1.1g	4.9g
Sodium	120mg	540mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	Black Sesame Seeds
60g	120g	Tinned Lentils *drain & rinse*
80g	160g	Green Beans *rinse, trim & cut in half*
1	1	Onion *peel & roughly slice*
40g	80g	Artichoke Quarters *drain & roughly chop*
30ml	60ml	Low Fat Plain Yoghurt
7,5ml	15ml	Lime Juice
20g	40g	Salad Leaves *rinse & roughly shred*
25g	50g	Sun-dried Tomatoes *roughly chop*
25g	50g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRISPY LENTILS Return the pan to medium-high heat with a drizzle of oil. Toast the lentils until golden and crispy, 6-8 minutes. Remove from the pan and season.

3. FRY THE VEGGIES Return the pan to medium-high heat with a drizzle of oil. Fry the green beans and the onion until lightly charred but still crunchy, 6-7 minutes. Add the artichokes and fry until warmed through, 2-3 minutes.

4. SOME PREP In a small bowl, combine the yoghurt with the lime juice (to taste), and season.

5. TIME TO DINE Make a bed of the salad leaves, and top with the veggie mix. Sprinkle over the crispy lentils and the sun-dried tomatoes. Crumble over the goat's cheese, top with dollops of the limey-yoghurt, and sprinkle over the sesame seeds. Looks amazing, Chef!