

UCCOOK

Sesame, Goat's Cheese & Artichokes

with quinoa & sun-dried tomatoes

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	424kJ	2661kJ
Energy	101kcal	636kcal
Protein	5.1g	32.2g
Carbs	19g	121g
of which sugars	3.4g	21.5g
Fibre	3.3g	21g
Fat	2.3g	14.5g
of which saturated	0.8g	4.9g
Sodium	60mg	379mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3		[Serves 4]
750g	1kg	Roast Veg Mix
15ml	20ml	Black Sesame Seeds
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
60g	80g	Artichoke Quarters <i>drain & quarter</i>
180g	240g	Lentils <i>drain & rinse</i>
150ml	200ml	White Quinoa <i>rinse</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
30g	40g	Green Leaves <i>rinse</i>
75ml	100ml	Low Fat Plain Yoghurt
30ml	40ml	Lemon Juice
75g	100g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter (optional)
Sugar/Sweetener/Honey

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the veg mix on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. DOTS OF DELICIOUSNESS Place the sesame seeds in a pan (with a lid) over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. OKE DOKE ARTICHOKE Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Add the artichokes and fry until warmed through, 3-4 minutes. Remove from the pan, season, and cover.

4. LEKKER LENTILS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan and season.

5. LOADED QUINOA While the lentils are toasting, place the quinoa in a pot with 450ml [600ml] 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. Add the lentils, the onions and artichokes, the sun-dried tomatoes, the green leaves, a drizzle of oil and seasoning.

6. SESAME-COATED CHEESE In a small bowl, combine the yoghurt with the lemon juice (to taste), and season. Place the sesame seeds on a chopping board, and spread out in a single layer. Crumble the goat's cheese on the sesame seeds and gently coat.

7. A GREAT PLATE OF FOOD Make a bed of the quinoa salad, top with the roast veg and the sesame goat's cheese. Dollop over the zesty yoghurt.