



UCOOK

Dukkah Butternut & Cranberry Salad

with cranberries, toasted pitas & coconut yoghurt

Butternut is covered in a tasty dukkah coating before being roasted until crisp and golden. Served with a loaded salad of sweet, dried cranberries & tangy baby tomatoes - who said the perfect salad doesn't exist? This bejeweled dish is sided with warm pita pockets & crowned with coconut yoghurt. A recipe fit for royalty!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

Veggie

Muratie Wine Estate | Muratie Melck's-
Sauvignon Blanc

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
1	Onion <i>peel & cut into wedges</i>
15ml	Old Stone Mill Dukkah Spice
60g	Tinned Lentils <i>drain & rinse</i>
10ml	Raspberry Vinegar
20g	Salad Leaves <i>rinse</i>
80g	Baby Tomatoes <i>rinse & halve</i>
10g	Dried Cranberries <i>roughly chop</i>
1	Pita Bread
50ml	Coconut Yoghurt
3g	Fresh Mint <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. DUKKAH BUTTERNUT Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges on a roasting tray. Coat with the dukkah, a drizzle of oil, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. LENTIL LOVIN' Place the drained lentils on a separate roasting tray. Coat in oil and season. When the roast has 12-15 minutes remaining, give the veg tray a shift and pop the lentil tray into the oven for the remaining time until golden and crispy.

3. SALAD CITY In a salad bowl, combine the pomegranate dressing, a drizzle of olive oil, a sweetener, and seasoning. Just before serving, add the rinsed salad leaves, the halved baby tomatoes, the roasted lentils, and ½ the chopped cranberries. Toss until fully coated in the dressing.

4. PITA PARTY Place a clean pan over medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters and set aside.

5. GRAB THE PLATES Pile up the dukkah roasted butternut & onion. Side with the pita quarters and the cranberry & lentil salad. Serve with the coconut yoghurt. Sprinkle over the picked mint and the remaining cranberries. Delish, Chef!



Chef's Tip

To ensure your butternut and lentils do get crispy, make sure they are spread out in a single layer, and don't overcrowd the tray. Use two trays if necessary!

Nutritional Information

Per 100g

Energy	426kJ
Energy	102kcal
Protein	3.6g
Carbs	18g
of which sugars	3.2g
Fibre	3.3g
Fat	1g
of which saturated	0.4g
Sodium	58mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Tree Nuts

Eat
Within
3 Days