



# UCOOK

## Labneh & Roast Beetroot Salad

with fresh parsley & walnuts

A mouthwatering Middle Eastern meal awaits, Chef! Oven roasted beetroot & carrots are coated in sumac spice, lentils are pan fried until golden, and quinoa is steamed until fluffy. This is all coated in a pomegranate dressing, then topped with labneh, a tangy & creamy Middle Eastern cheese. Finished with toasted walnuts and crunchy celery.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Samantha du Toit

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 Veggie

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 Paardenkloof Wines | Paardenkloof "the Kiss"  
Pinot Noir

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## Ingredients & Prep

400g	Beetroot Chunks <i>cut into bite-sized pieces</i>
240g	Carrot <i>rinsed, trimmed, peeled &amp; cut into bite-sized pieces</i>
10ml	Sumac Spice
240g	Tinned Lentils <i>drained &amp; rinsed</i>
150ml	Quinoa <i>rinsed</i>
20g	Walnuts <i>roughly chopped</i>
20g	Dried Cranberries <i>roughly chopped</i>
30ml	Willowcreek Pomegranate Dressing
100ml	Labneh
1	Celery Stalk <i>rinsed &amp; thinly sliced</i>
5g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

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

**1. LIP-SMACKING SUMAC VEGGIES** Preheat the oven to 200°C. Spread the beetroot & carrot pieces on a roasting tray. Coat in oil, ½ the sumac spice, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

**2. CRISPY LENTILS** Spread the drained lentils on a separate roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes.

**3. STEAMIN' 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.

**4. NUTS ABOUT WALNUTS** 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.

**5. RAMP UP THE TASTE** When the quinoa is cooked, toss through the chopped cranberries, the crispy lentils, the roasted beetroot & carrot, the pomegranate dressing, a drizzle of olive oil, and seasoning. In a bowl, loosen the labneh with a splash of water.

**6. A TASTE TRIUMPH!** Bowl up the quinoa & roast veg. Top with the loosened labneh, the toasted walnuts, the sliced celery, the chopped parsley, and the remaining sumac spice.



## Chef's Tip

Air fryer method: Coat the beetroot & carrot pieces in oil, ½ the sumac spice, and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	631kJ
Energy	151kcal
Protein	7.5g
Carbs	21g
of which sugars	3.3g
Fibre	5.9g
Fat	3.8g
of which saturated	1.9g
Sodium	209mg

## Allergens

Dairy, Sulphites, Tree Nuts

Cook  
within 3  
Days