

UCCOOK

Whipped Cannellini & Za'atar Carrots

with Danish-style feta, crispy chickpeas & dates

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	509kJ	3734kJ
Energy	122kcal	893kcal
Protein	3.6g	26.7g
Carbs	18g	130g
of which sugars	7.8g	57.5g
Fibre	3.5g	25.5g
Fat	4.1g	29.8g
of which saturated	2.2g	16.2g
Sodium	109mg	799mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
100g	200g	Sweet Potato Chunks
1	1	Garlic Clove
10ml	20ml	Za'atar Mix <i>(4ml [8ml] Za'atar, 4ml [8ml] Cumin & 2ml [4ml] Smoked Paprika)</i>
120g	240g	Chickpeas <i>drain & rinse</i>
20ml	40ml	Honey
120g	240g	Cannellini Beans <i>drain & rinse</i>
50ml	100ml	Crème Fraîche
30g	60g	Danish-style Feta <i>drain</i>
15ml	30ml	Lemon Juice
20g	40g	Pitted Dates <i>roughly chop</i>
3g	5g	Fresh Mint <i>rinse & pick</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrot, sweet potato, and unpeeled garlic clove on a roasting tray. Coat in oil, za'atar mix, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CHICKPEAS Coat the chickpeas in oil and season. When the roast has 15 minutes to go, scatter over the chickpeas, and roast until crispy. In the final 3-5 minutes, drizzle the honey over the roast.

3. CRISPY BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the beans until slightly crispy, 4-5 minutes (shifting occasionally). Remove from the pan and season.

4. WHIPPING MOMENT Squeeze the roasted garlic flesh from the skins. Blend the cannellini beans, crème fraîche, feta, garlic (to taste), and a splash of water until smooth. Transfer to a bowl, stir in the lemon juice (to taste), and season (to taste).

5. DINNER IS READY Smear the whipped cannellini beans onto the plate, top with the roast, and sprinkle over the dates. Garnish with the mint and dig in, Chef!