

WCOOK

Black Sesame Goat's Cheese & Artichokes

with quinoa & sun-dried tomatoes

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Sophie Germanier Organic | Chardonnay Organic

Nutritional Info	Per 100g	Per Portion
Energy	487kJ	3029kJ
Energy	116kcal	724kcal
Protein	5.2g	32.2g
Carbs	19g	121g
of which sugars	3.4g	21.4g
Fibre	3.4g	20.9g
Fat	2.3g	14.5g
of which saturated	0.8g	4.9g
Sodium	61mg	379mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Roast Veg Mix
5ml	10ml	Black Sesame Seeds
1	1	Onion <i>peel & roughly slice ½ [1]</i>
20g	40g	Artichoke Quarters <i>drain & quarter</i>
60g	120g	Lentils <i>drain & rinse</i>
50ml	100ml	White Quinoa
20g	40g	Sun-dried Tomatoes <i>drain & roughly chop</i>
20g	20g	Green Leaves <i>rinse</i>
25ml	50ml	Low Fat Plain Yoghurt
5ml	10ml	Lemon Juice
25g	50g	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, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 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 Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover. Add the artichokes and fry until warmed through, 3-4 minutes.

4. LEKKER LENTILS Return a pan to medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 6-8 minutes (shifting occasionally). Remove from the pan and season.

5. LOADED QUINOA While the lentils are toasting, place the quinoa in a pot with 150ml [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. 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, and top with the sesame goat's cheese. Dollop over the zesty yoghurt.