



UCOOK

Roast Vegetable & Feta Salad

with a sour cream dressing, chickpeas & hazelnuts

Today's recipe makes your oven do most of the work, so you can focus your energy on eating this wonderfully tasty dish, Chef! On a bed of quinoa comes NOMU Moroccan-spiced carrots, chickpeas & onions, honey-lemon green beans and crunchy hazelnuts. Drizzle with lemon zest sour cream and dinner is done.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ntande Stofile

Veggie

Painted Wolf Wines | The Den Cabernet Sauvignon

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
120g	Chickpeas <i>drain & rinse</i>
1	Onion <i>peel & cut into thick wedges</i>
10ml	NOMU Moroccan Rub
75ml	Quinoa <i>rinse</i>
80g	Green Beans <i>rinse & cut in half</i>
25ml	Honey
1	Lemon <i>rinse, zest & cut into wedges</i>
10g	Hazelnuts <i>roughly chop</i>
30ml	Sour Cream
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrot pieces, the chickpeas, and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden and cooked through, 30-35 minutes (shifting halfway).

2. QUINOA Place the rinsed quinoa in a pot with 150ml 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.

3. MORE TO ROAST In a bowl, dress the halved green beans with olive oil and seasoning. In a small bowl, combine the honey, a squeeze of lemon juice (to taste), and the chopped nuts. When the roast has 8-10 minutes remaining, scatter the nuts over the green beans and pour over the honey mixture. Roast for the remaining time until all the veggies are cooked through.

4. CREAMY DRESSING In a small bowl, combine the sour cream and the lemon zest (to taste). Loosen with water in 5ml increments until drizzling consistency and season.

5. TIME TO EAT Make a bed of the fluffy quinoa and top with the roasted veggies & all the tray juices. Crumble over the drained feta and drizzle over the zesty sour cream. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the carrot, the drained chickpeas, and the onion wedges in oil, the NOMU rub and season. Air fry at 200°C until crispy, 25-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	474kJ
Energy	113kcal
Protein	4g
Carbs	18g
of which sugars	6.4g
Fibre	3.4g
Fat	3.4g
of which saturated	1.1g
Sodium	96mg

Allergens

Cow's Milk, Allium, Tree Nuts

Eat
Within
5 Days