



UCCOOK

Dukkah Butternut & Cranberry Salad

with cranberries, toasted pitas & ButtaNutt
macadamia nut yoghurt

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	433kj	3157kj
Energy	103kcal	755kcal
Protein	3.7g	26.9g
Carbs	18g	130g
of which sugars	2.9g	21g
Fibre	3.5g	25.6g
Fat	1.2g	8.8g
of which saturated	0.2g	1.4g
Sodium	58mg	424mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
15ml	30ml	Old Stone Mill Dukkah Spice
60g	120g	Tinned Lentils <i>drain & rinse</i>
10ml	20ml	Balsamic Vinegar
20g	40g	Salad Leaves <i>rinse</i>
80g	160g	Baby Tomatoes <i>rinse & halve</i>
10g	20g	Dried Cranberries <i>roughly chop</i>
1	2	Pita Bread/s
50ml	100ml	ButtaNutt Macadamia Nut Yoghurt
3g	5g	Fresh Mint <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. DUKKAH BUTTERNUT Preheat the oven to 200°C. Spread the butternut and the onion 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 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 balsamic vinegar, a drizzle of olive oil, a sweetener (to taste), and seasoning. Just before serving, add the salad leaves, the baby tomatoes, the roasted lentils, and ½ the cranberries. Toss until fully coated in the dressing.

4. PITA PARTY Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them 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 yoghurt. Sprinkle over the mint and the remaining cranberries. Delish, Chef!