

# UCOOK

## Vegetarian Roast with Harissa Labneh

with Brussels sprouts, crispy lentils & walnuts

A veggie roast is paired perfectly with crispy baby marrows, crunchy lentils, and toasted walnuts. This scrumptious feast is completed with a deliciously spicy & creamy harissa labneh. Finished off with toasted pita triangles and fresh parsley.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Adventurous Foodie

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Laborie Estate | Laborie Rosé 2023

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## Ingredients & Prep

|       |                                                                   |
|-------|-------------------------------------------------------------------|
| 200g  | Baby Marrow<br><i>rinse, trim &amp; cut into 1cm thick rounds</i> |
| 240g  | Tinned Lentils<br><i>drain &amp; rinse</i>                        |
| 160g  | Baby Tomatoes<br><i>rinse</i>                                     |
| 1     | Onion<br><i>peel &amp; cut into wedges</i>                        |
| 10ml  | Ground Coriander                                                  |
| 40g   | Walnuts<br><i>roughly chop</i>                                    |
| 100ml | Labneh                                                            |
| 40ml  | Pesto Princess Harissa Paste                                      |
| 1     | Pita Bread                                                        |
| 8g    | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i>            |

## From Your Kitchen

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

**1. THAT'S A RAD ROAST** Preheat the oven to 200°C. Spread out the baby marrow pieces, the rinsed lentils, the rinsed baby tomatoes, and the onion wedges on a roasting tray. Coat in oil, the ground coriander, and seasoning. Roast in the hot oven until crispy and cooked through, 20-25 minutes (shifting halfway).

**2. FOR THE CRUNCHY BITS** 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.

**3. HARISSA LABNEH** In a bowl, combine the labneh and the harissa paste. Add water in 10ml increments until drizzling consistency. Season.

**4. TOASTY PITA** Cut the pita in half lengthways and then into small triangles. Coat in oil and season. Spread out in a single layer on a greased roasting tray and bake in the hot oven until golden, 10-12 minutes (flipping halfway).

**5. TIME TO DINE!** Smear ½ of the harissa labneh on the plate. Top with the veggie roast and sprinkle over the toasted pita triangles. Drizzle over the remaining harissa labneh. Garnish with the chopped parsley and the toasted walnuts. Go on, Chef... Indulge!



## Chef's Tip

Air fryer method: Coat the pita triangles in oil and season. Air fry at 200°C until crispy, 15-20 minutes.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 649kj   |
| Energy             | 155kcal |
| Protein            | 7.4g    |
| Carbs              | 19g     |
| of which sugars    | 2.8g    |
| Fibre              | 4.7g    |
| Fat                | 4.9g    |
| of which saturated | 2.1g    |
| Sodium             | 292mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
4 Days