



# 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<br><i>rinse, deseed, peel (optional) &amp; cut into half-moons</i> |
| 1        | 1          | Onion<br><i>peel &amp; cut ½ [1] into wedges</i>                             |
| 15ml     | 30ml       | Old Stone Mill Dukkah Spice  |
| 60g      | 120g       | Tinned Lentils<br><i>drain &amp; rinse</i>                                   |
| 10ml     | 20ml       | Balsamic Vinegar   |
| 20g      | 40g        | Salad Leaves<br><i>rinse</i>   |
| 80g      | 160g       | Baby Tomatoes<br><i>rinse &amp; halve</i>                                    |
| 10g      | 20g        | Dried Cranberries<br><i>roughly chop</i>                                     |
| 1        | 2          | Pita Bread/s   |
| 50ml     | 100ml      | ButtaNutt Macadamia Nut Yoghurt  |
| 3g       | 5g         | Fresh Mint<br><i>rinse &amp; 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 pita until heated through, 30-60 seconds per side. Alternatively, place it 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!