

Eat Within 3 Days

QCOOK

Dukkah & Pumpkin Salad

with toasted pita & a creamy hummus dressing

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	408kJ	2959kJ
Energy	98kcal	708kcal
Protein	3.4g	24.3g
Carbs	15g	108g
of which sugars	2.6g	19.1g
Fibre	3g	21.5g
Fat	2.4g	17.1g
of which saturated	0.3g	2.2g
Sodium	136mg	990mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Pumpkin Chunks
1	1	Onion *peel & cut ½ [1] into wedges*
10ml	20ml	Old Stone Mill Dukkah Spice
40ml	80ml	Red Pepper Hummus
20ml	40ml	ButtaNutt Macadamia Nut Yoghurt
60g	120g	Tinned Lentils *drain & rinse*
10g	20g	Almonds *roughly chop*
1	2	Pita Bread/s
20g	40g	Salad Leaves *rinse*
80g	160g	Baby Tomatoes *rinse & halve*
3g	5g	Fresh Mint *rinse, pick & roughly chop*

From Your Kitchen

#NAME?

1. DUKKAH PUMPKIN Preheat the oven to 200°C. Spread the pumpkin 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. MIX IT In a bowl, combine the hummus and the yoghurt. Season and set aside.

3. 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.

4. PITA PARTY Place a pan over medium heat. When hot, toast the almonds until golden (shifting occasionally), 2-4 minutes. Remove the almonds from the pan and return the pan to medium heat. Toast the pita/s 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 Plate up the salad leaves, tossing through the dukkah roasted veg, almonds, baby tomatoes and mint. Drizzle over some olive oil and dollops of the creamy hummus dressing. Side your salad with the crispy pita triangles. Dig in, Chef!