



UCCOOK

Artichoke & Black Sesame Goat's Cheese

with green beans & crispy lentils

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Groote Post Winery | Groote Post Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	365kj	1647kj
Energy	87kcal	394kcal
Protein	5.1g	23.2g
Carbs	13g	58g
of which sugars	4.2g	19.2g
Fibre	4g	18g
Fat	2.7g	12.3g
of which saturated	1.1g	4.9g
Sodium	79mg	354mg

Allergens: Sulphites, Sesame, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15ml	20ml	Black Sesame Seeds
180g	240g	Tinned Lentils <i>drain & rinse</i>
240g	320g	Green Beans <i>rinse, trim & cut in half</i>
2	2	Onions <i>peel & roughly slice</i>
120g	160g	Artichoke Quarters <i>drain & cut into quarters</i>
90ml	125ml	Low Fat Plain Yoghurt
22,5ml	30ml	Lime Juice
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
75g	100g	Sun-dried Tomatoes <i>roughly chop</i>
75g	100g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water

1. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CRISPY LENTILS Return the pan to medium-high heat with a drizzle of oil. Toast the lentils until golden and crispy, 8-10 minutes. Remove from the pan and season.

3. FRY THE VEGGIES Return the pan to medium-high heat with a drizzle of oil. Fry the green beans and the onion until lightly charred but still crunchy, 7-8 minutes. Add the artichokes and fry until warmed through, 3-4 minutes.

4. SOME PREP In a small bowl, combine the yoghurt with the lime juice (to taste), and season.

5. TIME TO DINE Make a bed of the salad leaves, and top with the veggie mix. Sprinkle over the crispy lentils and the sun-dried tomatoes. Crumble over the goat's cheese, top with dollops of the limey-yoghurt, and sprinkle over the sesame seeds. Looks amazing, Chef!