



# UCCOOK

## Dukkah Butternut Salad

**with cranberries, toasted pitas & coconut yoghurt**

Butternut is covered in a tasty dukkah coating before being roasted until crisp and golden. Served with a loaded salad of sweet, dried cranberries & tangy baby tomatoes - who said the perfect salad doesn't exist? This bejeweled dish is sided with warm pita pockets & crowned with coconut yoghurt. A recipe fit for royalty!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Veggie

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 Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

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## Ingredients & Prep

1	Butternut Whole <i>rinsed, deseeded, peeled (optional) &amp; cut into half-moons</i>
1	Onion <i>½ peeled &amp; cut into wedges</i>
30ml	Egyptian Dukkah
120g	Tinned Lentils <i>drained &amp; rinsed</i>
20ml	Willowcreek Pomegranate Dressing
40g	Salad Leaves <i>rinsed</i>
160g	Baby Tomatoes <i>rinsed &amp; halved</i>
20g	Dried Cranberries <i>roughly chopped</i>
2	Pita Breads
100ml	Coconut Yoghurt
5g	Fresh Mint <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. DUKKAH BUTTERNUT** Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges 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 drained 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 pomegranate dressing, a drizzle of olive oil, a sweetener, and seasoning. Just before serving, add the rinsed salad leaves, the halved baby tomatoes, the roasted lentils, and ½ the chopped 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 coconut yoghurt. Sprinkle over the picked mint and the remaining cranberries. Delish, Chef!



## Chef's Tip

To ensure your butternut and lentils do get crispy, make sure they are spread out in a single layer, and don't overcrowd the tray. Use two trays if necessary!

## Nutritional Information

Per 100g

Energy	454kJ
Energy	108kcal
Protein	3.8g
Carbs	19g
of which sugars	3.3g
Fibre	3.6g
Fat	1.1g
of which saturated	0.4g
Sodium	67mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Tree Nuts

Cook  
within 3  
Days