



# UCOOK

## Festive Warm Grain Salad

with dried pomegranate gems, pistachios & quinoa

It's time to infuse some jolly spirit into your cooking! Tender roasted baby carrots and juicy tomatoes are combined with earthy lentils, all coated in an aromatic raspberry vinegar. Nutty quinoa and crunchy pistachios add delightful textures, while dried pomegranate seeds bring vibrant pops of colour. So, let's have ourselves a merry culinary adventure!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Veggie

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Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc

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## Ingredients & Prep

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120g	Baby Carrots <i>rinse &amp; halve, keeping the stems intact</i>
80g	Baby Tomatoes <i>rinse &amp; halve</i>
1	Onion <i>peel &amp; cut into wedges</i>
120g	Tinned Lentils <i>drain &amp; rinse</i>
10g	Pistachio Nuts <i>roughly chop</i>
75ml	Quinoa <i>rinse</i>
10ml	Raspberry Vinegar
50g	Cucumber <i>rinse &amp; roughly dice</i>
10g	Dried Pomegranate Gems
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. ROAST VEG** Preheat the oven to 200°C. Place the halved carrots, the halved baby tomatoes, the onion wedges, and the rinsed lentils on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes.

**2. TOASTED PISTACHIOS** Place the chopped pistachios in a pot over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

**3. FLUFFY QUINOA** Return the pot to medium heat. Add the rinsed quinoa and 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**4. ALL TOGETHER** In a salad bowl, add the raspberry vinegar, 10ml of olive oil, and mix to combine. Toss through the roasted veg, the diced cucumber, and the cooked quinoa.

**5. TIME TO EAT** Plate up the loaded warm salad, top with a sprinkle of the toasted pistachios, and the dried pomegranate gems. Garnish with the chopped parsley. Get festive, Chef!

## Nutritional Information

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Per 100g

Energy	507kJ
Energy	121kcal
Protein	6g
Carbs	21g
of which sugars	3.5g
Fibre	5.3g
Fat	1.8g
of which saturated	0.2g
Sodium	17mg

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## Allergens

Allium, Sulphites, Tree Nuts

Eat  
Within  
4 Days