



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!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

Veggie

Cathedral Cellar Wines | Cathedral Cellar-Sauvignon Blanc

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Ingredients & Prep

360g	Baby Carrots <i>rinse & halve, keeping the stems intact</i>
240g	Baby Tomatoes <i>rinse & halve</i>
2	Onions <i>peel & cut into wedges</i>
360g	Tinned Lentils <i>drain & rinse</i>
30g	Pistachio Nuts <i>roughly chop</i>
225ml	Quinoa <i>rinse</i>
30ml	Raspberry Vinegar
150g	Cucumber <i>rinse & roughly dice</i>
30g	Dried Pomegranate Gems
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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, 30-35 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 450ml 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, 30ml 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

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

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
4 Days