



# UCCOOK

## Cinnamon Pumpkin & Chickpea Salad

with tahini & crispy kale

Pumpkin & beet pieces are roasted in cinnamon and loaded with chickpeas & baby marrow. This dreamy roast veg medley lies on a bed of crispy kale, all dressed up in a creamy tahini & coconut yoghurt dressing and flecked with fresh mint leaves for a sweet & cool finish.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Veggie

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 Waterford Estate | Waterford OVP Chenin Blanc 2020

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## Ingredients & Prep

400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
400g	Beetroot Chunks <i>cut into bite-sized pieces</i>
10ml	Ground Cinnamon
240g	Chickpeas
800g	Baby Marrow
200g	Kale
80g	Pecan Nuts <i>roughly chopped</i>
160ml	Coconut Yoghurt
40ml	Tahini
20ml	Lemon Juice
80g	Dried Apricots <i>roughly chopped</i>
15g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. ROAST THOSE ROOTS!** Preheat the oven to 200°C. Spread out the pumpkin and beetroot pieces on a roasting tray. Coat in oil, the cinnamon (to taste), and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

**2. BABY & CHICKS** While the veg are roasting, drain and rinse the chickpeas. Rinse, trim, and cut the baby marrow into chunks. Place the rinsed chickpeas and the baby marrow chunks in a bowl. Coat in oil and seasoning. Set aside.

**3. LOAD THAT ROAST** When the roast has 15-20 minutes remaining, scatter the dressed chickpeas & baby marrow over the tray and roast for the remaining time.

**4. BEYOND THE KALE OF DUTY** Rinse the kale and roughly shred. Place the shredded kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated.

**5. THE FINAL COUNTDOWN** When the roast has 8-10 minutes remaining, pop the tray of massaged kale into the hot oven and roast for the remaining time until crispy. In the final 3-5 minutes, scatter the chopped pecans over the roast.

**6. CREAMY TAHINI** In a small bowl, combine the coconut yoghurt, the tahini (to taste), the lemon juice (to taste), 20ml of a sweetener of choice, and seasoning. Loosen with water in 5ml increments until a drizzling consistency.

**7. COME AND GET IT!** Make a bed of the crispy kale. Top with the roasted veg and drizzle over the creamy dressing. Scatter over the chopped apricots and garnish with a sprinkle of chopped mint. Splendid, Chef!

## Nutritional Information

Per 100g

Energy	369kJ
Energy	88kcal
Protein	3.1g
Carbs	10g
of which sugars	4.3g
Fibre	3.1g
Fat	4g
of which saturated	0.6g
Sodium	28mg

## Allergens

Sesame, Sulphites, Tree Nuts

Cook  
within 2  
Days