

UCOOK

Dukkah & Butternut Salad

with toasted pita & a creamy hummus dressing

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Piakenierskloof | Grenache blanc 2024

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 453kJ | 3287kJ |
| Energy | 108kcal | 786kcal |
| Protein | 4.1g | 29.9g |
| Carbs | 17g | 125g |
| of which sugars | 2.4g | 17.5g |
| Fibre | 3.5g | 25.4g |
| Fat | 1.9g | 13.5g |
| of which saturated | 0.3g | 2g |
| Sodium | 108mg | 789mg |

Allergens: Sulphites, Peanuts, Gluten, Sesame, Tree Nuts, Wheat, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

| Serves 1 | Serves 2 | |
|----------|----------|--|
| 250g | 500g | Butternut <i>rinse, deseed, peel (optional) & cut into half-moons</i> |
| 1 | 1 | Onion <i>peel & cut $\frac{1}{4}$ [$\frac{1}{4}$] into wedges</i> |
| 10ml | 20ml | Old Stone Mill Dukkah Spice |
| 40ml | 80ml | Red Pepper Hummus |
| 20ml | 40ml | ButtaNutt Macadamia Nut Yoghurt |
| 60g | 120g | Tinned Lentils <i>drain & rinse</i> |
| 10g | 20g | Almonds <i>roughly chop</i> |
| 1 | 2 | Pita Bread/s |
| 20g | 40g | Salad Leaves <i>rinse</i> |
| 80g | 160g | Baby Tomatoes <i>rinse & halve</i> |
| 3g | 5g | Fresh Mint <i>rinse, pick & roughly chop</i> |

1. DUKKAH BUTTERNUT Preheat the oven to 200°C. Spread the butternut and the onion 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. MIX IT In a bowl, combine the yoghurt and the hummus. Season and set aside.

3. LENTIL LOVIN' Place the 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.

4. PITA PARTY Place a pan over medium heat. When hot, toast the almonds until golden (shifting occasionally), 2-4 minutes. Remove the almonds from the pan and return the pan to medium heat. Toast the pita/s until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters and set aside.

5. GRAB THE PLATES Plate up the salad leaves, tossing through the dukkah roasted veg, almonds, baby tomatoes and mint. Drizzle over some olive oil and dollops of the creamy hummus dressing. Side your salad with the crispy pita triangles. Dig in, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water