



# UCCOOK

## Sweet Potato & Mozzarella Salad

with crispy lentils & dried cranberries

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Nitida | Semillon

### Nutritional Info

	Per 100g	Per Portion
Energy	405kJ	3126kJ
Energy	97kcal	747kcal
Protein	3.2g	24.6g
Carbs	14g	107g
of which sugars	4.4g	33.9g
Fibre	3.4g	26.4g
Fat	3.3g	25.3g
of which saturated	0.8g	6.3g
Sodium	106mg	815mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse &amp; cut into bite-sized pieces</i>
22,5ml	30ml	Fennel & Cajun Mix <i>(7,5ml [10ml] Fennel Seeds &amp; 15ml [20ml] NOMU Cajun Rub)</i>
180g	240g	Tinned Lentils <i>drain &amp; rinse</i>
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into bite-sized pieces</i>
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
150g	200g	Cucumber <i>rinse &amp; cut into half-moons</i>
60g	80g	Pickled Onions <i>drain &amp; roughly slice</i>
60g	80g	Dried Cranberries
6	8	Bocconcini Balls <i>drain &amp; cut into quarters</i>
180ml	250ml	Yoghurt Mayo <i>(90ml [125ml] Low Fat Plain Yoghurt &amp; 90ml [125ml] Mayo)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

1. **ROAST** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, the fennel & Cajun mix, and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. **LENTILS** Place the lentils in a bowl, coat in oil, and season. When the roast has 15-20 minutes to go, scatter the lentils over and roast for the remaining time until crispy.

3. **SOME PREP** In a bowl, combine the peppers, the salad leaves, the cucumber, the pickled onions, the cranberries, the bocconcini balls, a drizzle of olive oil, and seasoning. In a small bowl, add the yoghurt mayo and loosen with water in 5ml increments until a drizzling consistency.

4. **DINNER IS READY** Make a bed of the roast, top with the loaded salad, and drizzle over the yoghurt mayo. Cheers, Chef!