

UCCOOK

Artichoke & Black Sesame Feta Cheese

with green beans & crispy lentils

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Morgan Otten

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info

	Per 100g	Per Portion
Energy	407kJ	1837kJ
Energy	97kcal	439kcal
Protein	5.1g	23g
Carbs	13g	57g
of which sugars	4.1g	18.5g
Fibre	4g	18g
Fat	3.1g	14g
of which saturated	1.2g	5.6g
Sodium	116mg	521mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15ml	20ml	Black Sesame Seeds
180g	240g	Tinned Lentils <i>drain & rinse</i>
240g	320g	Green Beans <i>rinse, trim & cut in half</i>
2	2	Onions <i>peel & roughly slice</i>
120g	160g	Artichoke Hearts <i>drain & cut into quarters</i>
90ml	125ml	Low Fat Plain Yoghurt
22,5ml	30ml	Lime Juice
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
75g	100g	Sun-dried Tomatoes <i>roughly chop</i>
75g	100g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

- 1. SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.
- 2. CRISPY LENTILS** Return the pan to medium-high heat with a drizzle of oil. Toast the lentils until golden and crispy, 8-10 minutes. Remove from the pan and season.
- 3. FRY THE VEGGIES** Return the pan to medium-high heat with a drizzle of oil. Fry the green beans and the onion until lightly charred but still crunchy, 7-8 minutes. Add the artichokes and fry until warmed through, 3-4 minutes.
- 4. SOME PREP** In a small bowl, combine the yoghurt with the lime juice (to taste), and season.
- 5. TIME TO DINE** Make a bed of the salad leaves, and top with the veggie mix. Sprinkle over the crispy lentils and the sun-dried tomatoes. Crumble over the feta cheese, top with dollops of the limey-yoghurt, and sprinkle over the sesame seeds. Looks amazing, Chef!