



# UCCOOK

## Roast Vegetable & Feta Salad

with a sour cream dressing, chickpeas & hazelnuts

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Ntande Stofile

**Wine Pairing:** Groote Post Winery | Groote Post Merlot

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 586kJ    | 3853kJ      |
| Energy             | 140kcal  | 922kcal     |
| Protein            | 5g       | 32.7g       |
| Carbs              | 21g      | 139g        |
| of which sugars    | 7.6g     | 50.1g       |
| Fibre              | 3.5g     | 23g         |
| Fat                | 4.4g     | 29.1g       |
| of which saturated | 1.4g     | 9.4g        |
| Sodium             | 126mg    | 829mg       |

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

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

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|          |            |   |
|----------|------------|---|
| Serves 3 | [Serves 4] |   |
| 360g     | 480g       | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i> |
| 360g     | 480g       | Chickpeas<br><i>drain &amp; rinse</i>                               |
| 2        | 2          | Onions<br><i>peel &amp; cut into thick wedges</i>                   |
| 30ml     | 40ml       | NOMU Moroccan Rub   |
| 225ml    | 300ml      | Quinoa<br><i>rinse</i>  |
| 240g     | 320g       | Green Beans<br><i>rinse &amp; cut in half</i>                       |
| 75ml     | 100ml      | Honey   |
| 30ml     | 40ml       | Lemon Juice   |
| 30g      | 40g        | Hazelnuts<br><i>roughly chop</i>                                    |
| 90ml     | 125ml      | Sour Cream  |
| 90g      | 120g       | Danish-style Feta<br><i>drain</i>                                   |

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water

**1. ROAST** Preheat the oven to 200°C. Spread the carrot, the chickpeas, and the onion on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden and cooked through, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. QUINOA** Place the quinoa in a pot with 450ml [600ml] 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.

**3. MORE TO ROAST** In a bowl, dress the green beans with olive oil and seasoning. In a small bowl, combine the honey, ½ the lemon juice (to taste), and the nuts. When the roast has 8-10 minutes remaining, scatter over the green beans and pour over the honey mixture. Roast for the remaining time until all the veggies are cooked through.

**4. CREAMY DRESSING** In a small bowl, combine the sour cream and the remaining lemon juice (to taste). Loosen with water in 5ml increments until drizzling consistency and season.

**5. TIME TO EAT** Make a bed of the fluffy quinoa and top with the roasted veggies and all the tray juices. Crumble over the feta and drizzle over the zesty sour cream. Enjoy, Chef!