



UCOOK

Lush Lentil & Quinoa Bake

with fresh chilli & flaked almonds

A thick and tasty veggie sauce is the star of the show! Lentils, tender carrots, and onion are cooked down in a tomato-based sauce, before being poured over fluffy quinoa, topped with a flaked almond & panko crumb and baked until golden. Spring onion, parsley and chilli add a final flourish to this incredible veggie bake!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tess Witney

 Veggie

 Leopard's Leap | Cabernet Sauvignon

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Ingredients & Prep

75ml	Quinoa <i>rinsed</i>
50ml	Panko Breadcrumbs
20g	Flaked Almonds
1	Onion <i>½ peeled & finely diced</i>
240g	Carrot <i>peeled (optional) & cut into bite-sized pieces</i>
50ml	Red Wine
5ml	NOMU Provençal Rub
1	Fresh Chilli <i>deseeded & finely chopped</i>
100g	Cooked Chopped Tomato
120g	Lentils <i>drained & rinsed</i>
1	Spring Onion <i>finely sliced</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. FLUFFY QUINOA Preheat the oven to 220°C. Place the rinsed quinoa in a pot. Submerge in 200ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow to stand off the heat for at least 5 minutes.

2. TOASTY CRUMB Boil the kettle. Place a deep saucepan over medium heat with a drizzle of oil. When hot, add the panko crumbs and the flaked almonds and toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

3. VEGGIES & WINE Return the saucepan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and the carrot pieces and fry for 5-6 minutes until softened, shifting occasionally. Add the wine and leave to simmer for 1-2 minutes until almost all evaporated.

4. SAUCY GOODNESS When the wine has almost evaporated, add the rub and ½ the chopped chilli (to taste). Fry for 1-2 minutes until fragrant, shifting constantly. Add the cooked chopped tomato, the drained lentils, and 100ml of boiling water. Bring to the boil, then reduce to a low-medium heat. Simmer for 15-20 minutes until slightly reduced, stirring occasionally. Season with salt, pepper, and a sweetener of choice.

5. PUT IT IN THE OVEN! When the sauce is done, place the cooked quinoa in a baking dish. Pour over the lentil sauce and top with the toasted crumb. Bake in the hot oven for 5-6 minutes until bubbling and golden.

6. PLATE IT UP Dish up a generous helping of the lentil & quinoa bake. Garnish with the sliced spring onion and the chopped parsley. Finish with a sprinkling of the remaining chilli if you'd like some extra heat. Scrumptious, Chef!

Nutritional Information

Per 100g

Energy	537kJ
Energy	128kcal
Protein	5.8g
Carbs	21g
of which sugars	3.9g
Fibre	5.3g
Fat	2.1g
of which saturated	0.1g
Sodium	76mg

Allergens

Gluten, Allium, Wheat, Tree Nuts, Alcohol

Cook
within
4 Days