



UCOOK

Roasted Carrot & Lentil Salad

with fresh mint & toasted pistachios

This ain't your stock standard salad! Colourful roasted baby carrots are tossed with lentils, pistachios, pomegranate gems, and Danish-style feta. Sprinkled with fresh mint & drizzled with tahini-mustard dressing. A feast for the eyes and taste buds!


Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Alvi's Drift | 221 Chenin Blanc

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Ingredients & Prep

120g	Baby Carrots <i>rinsed & halved, keeping the stems intact</i>
60g	Tinned Lentils <i>drained & rinsed</i>
10ml	Ground Cumin
1	Garlic Clove <i>peeled & grated</i>
10g	Pistachios <i>roughly chopped</i>
1	Pita Bread
40g	Green Leaves <i>rinsed</i>
10g	Pomegranate Gems
3g	Fresh Mint <i>rinsed, picked & finely chopped</i>
30ml	Tahini-mustard Dressing <i>(25ml Tahini & 5ml Dijon Mustard)</i>
15ml	Lemon Juice
40g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. GET THE ROAST GOING Preheat the oven to 200°C. Spread the halved baby carrots and the drained lentils on a roasting tray. Coat in oil, the cumin, the grated garlic, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. PISTACHIO MOMENT Place the chopped pistachios in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. THE TOAST OF THE TOWN When the carrots and lentils have 5-7 minutes remaining, return the pan to medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. When cool enough to handle, cut into quarters.

4. ALL TOGETHER NOW In a salad bowl, combine the roasted carrots and lentils, the rinsed green leaves, the pomegranate gems, ½ the chopped mint, a generous drizzle of olive oil, and seasoning. Set aside. In a small bowl, loosen the tahini-mustard dressing with water in 5ml increments until a drizzling consistency. Add the lemon juice, a sweetener, and seasoning.

5. SALAD SPECIAL Dish up the roasted carrot salad. Top with the crumbled feta and sprinkle over the toasted pistachios. Drizzle over the tahini-mustard dressing and garnish with the remaining mint. Side with the pita quarters. Well done, Chef!

Nutritional Information

Per 100g

Energy	870kJ
Energy	208kcal
Protein	8.7g
Carbs	26g
of which sugars	3.1g
Fibre	6.3g
Fat	8.4g
of which saturated	2.6g
Sodium	248mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days