



# UCOOK

## Butternut Moons & Crispy Kale

with Danish-style feta & roasted chickpeas

A salad of roasted butternut half-moons, crispy kale, crunchy chickpeas, and onion wedges. Topped with feta, pumpkin seeds, chilli flakes, and a creamy coriander dressing. Each element is delicious on its own, so how could this salad be anything less than glorious?

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Thea Richter

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Veggie

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 Paul Cluver | Village Chardonnay 2023

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## Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
1	Onion <i>peel &amp; cut ½ into wedges</i>
10ml	NOMU Roast Rub
5ml	Dried Chilli Flakes
120g	Chickpeas <i>drain &amp; rinse</i>
50g	Kale <i>rinse &amp; roughly shred</i>
50ml	Low Fat Plain Yoghurt
25ml	Tahini
3g	Fresh Coriander <i> rinsed, picked &amp; roughly chopped</i>
1	Lemon <i>rinse, zest &amp; cut ½ into wedges</i>
10g	Pumpkin Seeds
50g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. ROAST MOMENT** Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges on a roasting tray. Coat in oil, the NOMU rub, ½ the chilli flakes (to taste), and seasoning. Roast in the hot oven until cooked through and starting to crisp, 30-35 minutes.

**2. MASSAGE TIME** Place the drained chickpeas in a bowl. Coat in oil and seasoning. Place the shredded kale on a roasting tray. Massage with a drizzle of oil and seasoning until softened. Set the dressed chickpeas and the kale aside.

**3. GORGEOUS GREEN DRESSING** To a blender, add the yoghurt, the tahini, ½ the chopped coriander, a squeeze of lemon juice, the lemon zest (to taste), 15ml of water, and seasoning. Pulse until a smooth, drizzling consistency. Add an extra splash of water if necessary. Alternatively, mix together in a bowl.

**4. TOASTED** When the roast has 15 minutes to go, give the tray a shift, scatter over the dressed chickpeas, and return to the oven. Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. CRISP & TOSS** When the roast has 8-10 minutes to go, pop the tray of kale into the hot oven and roast for the remaining time until crispy. Toss the roasted butternut, the crispy chickpeas, the roasted kale, and the onion wedges together.

**6. SALAD TIME!** Make a bed of the roasted salad. Sprinkle over the toasted pumpkin seeds, the remaining coriander, and the remaining chilli flakes (to taste). Crumble over the drained feta and drizzle over the creamy green dressing. Healthy and delicious, Chef!



## Chef's Tip

Air fryer method: Coat the butternut half-moons and the onion wedges in oil, the NOMU rub, ½ the chilli flakes (to taste), and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	413kj
Energy	99kcal
Protein	4.1g
Carbs	11g
of which sugars	2.4g
Fibre	3g
Fat	3.8g
of which saturated	1.3g
Sodium	119mg

## Allergens

Allium, Sesame, Cow's Milk

Eat  
Within  
4 Days