

UCCOOK

Whipped Cannellini & Za'atar Carrots

with Danish-style feta, crispy chickpeas & dates

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	509kJ	3734kJ
Energy	122kcal	893kcal
Protein	3.6g	26.7g
Carbs	18g	130g
of which sugars	7.8g	57.5g
Fibre	3.5g	25.5g
Fat	4.1g	29.8g
of which saturated	2.2g	16.2g
Sodium	109mg	799mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

720g	960g	Carrot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
300g	400g	Sweet Potato Chunks
2	2	Garlic Cloves
30ml	40ml	Za'atar Mix <i>(12ml [16ml] Za'atar, 12ml [16ml] Cumin & 6ml [8ml] Smoked Paprika)</i>
360g	480g	Chickpeas <i>drain & rinse</i>
60ml	80ml	Honey
360g	480g	Cannellini Beans <i>drain & rinse</i>
150ml	200ml	Crème Fraîche
90g	120g	Danish-style Feta <i>drain</i>
45ml	60ml	Lemon Juice
60g	80g	Pitted Dates <i>roughly chop</i>
8g	10g	Fresh Mint <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Blender

1. **ROAST** Preheat the oven to 200°C. Spread the carrot, sweet potato, and unpeeled garlic clove on a roasting tray. Coat in oil, za'atar mix, and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. **CHICKPEAS** Coat the chickpeas in oil and season. When the roast has 20 minutes to go, scatter over the chickpeas, and roast until crispy. In the final 3-5 minutes, drizzle the honey over the roast.

3. **CRISPY BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the beans until slightly crispy, 6-8 minutes (shifting occasionally). Remove from the pan and season.

4. **WHIPPING MOMENT** Squeeze the roasted garlic flesh from the skins. Blend the cannellini beans, crème fraîche, feta, garlic (to taste), and a splash of water until smooth. Transfer to a bowl, stir in the lemon juice (to taste), and season (to taste).

5. **DINNER IS READY** Smear the whipped cannellini beans onto the plate, top with the roast, and sprinkle over the dates. Garnish with the mint and dig in, Chef!