



# UCCOOK

## 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!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Rhea Hsu

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 Veggie

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 Alvi's Drift | 221 Chenin Blanc

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## Ingredients & Prep

360g	Baby Carrots <i>rinsed &amp; halved, keeping the stems intact</i>
180g	Tinned Lentils <i>drained &amp; rinsed</i>
30ml	Ground Cumin
2	Garlic Cloves <i>peeled &amp; grated</i>
30g	Pistachios <i>roughly chopped</i>
3	Pita Breads
120g	Green Leaves <i>rinsed</i>
30g	Pomegranate Gems
8g	Fresh Mint <i>rinsed, picked &amp; finely chopped</i>
90ml	Tahini-mustard Dressing <i>(75ml Tahini &amp; 15ml Dijon Mustard)</i>
45ml	Lemon Juice
120g	Danish-style Feta <i>drained &amp; 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, 30-35 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 8-10 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