



UCOOK

Warwick's Hearty Moroccan Salad

with lentils, tahini, dried apricots & toasted pine nuts

As the evenings begin to cool, a nourishing bowl of warm lentil salad is just what you need! With crisp nuggets of cauli roasted in a Moroccan spice blend, mint, dried apricots, cucumber, and a sweet, tangy tahini dressing.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hannah Moerdyk

 **Vegetarian**

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Ingredients & Prep

200g	Cauliflower Florets <i>cut into bite-size pieces</i>
1	Garlic Clove
7,5ml	NOMU Moroccan Rub
100ml	Lentils
10g	Pine Nuts
55ml	Tahini Dressing <i>(45ml Tahini, 5ml Maple Syrup & 5ml White Wine Vinegar)</i>
20g	Green Leaves <i>rinsed</i>
1	Lemon <i>one half zested & cut into wedges</i>
3g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
10g	Dried Apricots <i>roughly chopped</i>
50g	Cucumber <i>sliced into thin half-moons or peeled into ribbons</i>

From Your Kitchen

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

1. SPICY CAULI Preheat the oven to 200°C. Spread out the cauliflower pieces and whole garlic clove on a roasting tray. Coat in oil, the Moroccan Rub, and seasoning. Roast in the hot oven for 15-20 minutes until cooked through, crisp, and starting to char.

2. GET THE LENTILS ON THE BOIL Rinse the lentils and place in a pot. Submerge in 350ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 15-20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

3. TOAST THOSE SILKY NUTS Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Keep a close eye on them; they can burn easily! Remove from the pan on completion and set aside for serving.

4. DELISH DRESSING In a bowl, combine the tahini dressing with a drizzle of oil. Loosen with lukewarm water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

5. PUT THE SALAD TOGETHER When the lentils are cooked, drain if necessary and return to the pot. Stir through $\frac{3}{4}$ of the rinsed green leaves and the juice of 1 lemon wedge. Add in $\frac{1}{2}$ of the sliced mint, $\frac{1}{2}$ of the chopped apricots, and some lemon zest to taste. When the garlic is soft, discard the skin and stir the flesh through the lentils until distributed. Season to taste.

6. AND YOU'RE ALL DONE! Make a bed of remaining green leaves and pile on the lentil salad. Lay over the cucumber half-moons and cover in spiced cauli. Drizzle over the tahini dressing and garnish with the remaining apricots and mint. Finish with the toasted pine nuts and any remaining lemon zest to taste. Serve with a lemon wedge on the side. Wow!

Nutritional Information

Per 100g

Energy	679kJ
Energy	162Kcal
Protein	8.6g
Carbs	20g
of which sugars	5.2g
Fibre	5.1g
Fat	6g
of which saturated	0.8g
Sodium	141mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 2
Days