

Eat Within 3 Days

QCOOK

Dukkah & Pumpkin Salad

with toasted pita & a creamy hummus dressing

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info	Per 100g	Per Portion
Energy	408kJ	2959kJ
Energy	98kcal	708kcal
Protein	3.4g	24.3g
Carbs	15g	108g
of which sugars	2.6g	19.1g
Fibre	3g	21.5g
Fat	2.4g	17.1g
of which saturated	0.3g	2.2g
Sodium	136mg	990mg

Allergens: Sulphites, Peanuts, Gluten, Sesame, Tree Nuts, Wheat, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Pumpkin Chunks
2	2	Onions *peel & cut 1½ [2] into wedges*
30ml	40ml	Old Stone Mill Dukkah Spice
125ml	160ml	Red Pepper Hummus
60ml	80ml	ButtaNutt Macadamia Nut Yoghurt
180g	240g	Tinned Lentils *drain & rinse*
30g	40g	Almonds *roughly chop*
3	4	Pita Breads
60g	80g	Salad Leaves *rinse*
240g	320g	Baby Tomatoes *rinse & halve*
8g	10g	Fresh Mint *rinse, pick & roughly chop*

From Your Kitchen

#NAME?

1. DUKKAH PUMPKIN Preheat the oven to 200°C. Spread the pumpkin and the onion on a roasting tray. Coat with the dukkah, a drizzle of oil, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. MIX IT In a bowl, combine the yoghurt and the hummus. Season and set aside.

3. LENTIL LOVIN' Place the lentils on a separate roasting tray. Coat in oil and season. When the roast has 12-15 minutes remaining, give the veg tray a shift and pop the lentil tray into the oven for the remaining time until golden and crispy.

4. PITA PARTY Place a pan over medium heat. When hot, toast the almonds until golden (shifting occasionally), 2-4 minutes. Remove the almonds from the pan and return the pan to medium heat. Toast the pitas until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters and set aside.

5. GRAB THE PLATES Plate up the salad leaves, tossing through the dukkah roasted veg, almonds, baby tomatoes and mint. Drizzle over some olive oil and dollops of the creamy hummus dressing. Side your salad with the crispy pita triangles. Dig in, Chef!