



UCOOK

Labneh & Roast Beetroot Salad

with fresh parsley & walnuts

A mouthwatering Middle Eastern meal awaits, Chef! Oven roasted beetroot & carrots are coated in sumac spice, lentils are pan fried until golden, and quinoa is steamed until fluffy. This is all coated in a pomegranate dressing, then topped with labneh, a tangy & creamy Middle Eastern cheese. Finished with toasted walnuts and crunchy celery.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Samantha du Toit

 Veggie

 Paardenkloof Wines | Paardenkloof "the Kiss"
Pinot Noir

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Beetroot Chunks <i>cut into bite-sized pieces</i>
360g	Carrot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
15ml	Sumac Spice
360g	Tinned Lentils <i>drained & rinsed</i>
225ml	Quinoa <i>rinsed</i>
30g	Walnuts <i>roughly chopped</i>
30g	Dried Cranberries <i>roughly chopped</i>
45ml	Willowcreek Pomegranate Dressing
150ml	Labneh
2	Celery Stalks <i>rinsed & thinly sliced</i>
8g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. LIP-SMACKING SUMAC VEGGIES Preheat the oven to 200°C. Spread the beetroot & carrot pieces on a roasting tray. Coat in oil, ½ the sumac spice, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway).

2. CRISPY LENTILS Spread the drained lentils on a separate roasting tray, coat in oil, and season. Roast until golden and crispy, 12-15 minutes.

3. STEAMIN' QUINOA Place the rinsed quinoa in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

4. NUTS ABOUT WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. RAMP UP THE TASTE When the quinoa is cooked, toss through the chopped cranberries, the crispy lentils, the roasted beetroot & carrot, the pomegranate dressing, a drizzle of olive oil, and seasoning. In a bowl, loosen the labneh with a splash of water.

6. A TASTE TRIUMPH! Bowl up the quinoa & roast veg. Top with the loosened labneh, the toasted walnuts, the sliced celery, the chopped parsley, and the remaining sumac spice.



Chef's Tip

Air fryer method: Coat the beetroot & carrot pieces in oil, ½ the sumac spice, and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	631kJ
Energy	151kcal
Protein	7.5g
Carbs	21g
of which sugars	3.3g
Fibre	5.9g
Fat	3.8g
of which saturated	1.9g
Sodium	209mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within 3
Days