

UCOOK



Miso Aubergine & Gochujang Grain Salad

with roasted red onion & carrot

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	294kJ	2191kJ
Energy	70kcal	524kcal
Protein	2.3g	17.4g
Carbs	12g	87g
of which sugars	3.7g	27.2g
Fibre	3g	22.4g
Fat	1.5g	11.4g
of which saturated	0.3g	2g
Sodium	98mg	729mg

Allergens: Sulphites, Egg, Gluten, Sesame, Tree Nuts, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	Serves 4	
30ml	40ml	Miso Paste
125ml	160ml	Kewpie Mayo
15ml	20ml	Lemon Juice
300g	400g	Cucumber <i>rinse & cut into thin rounds</i>
750g	1kg	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
30ml	40ml	Gochujang & Soy Mix <i>(7.5ml [10ml] Gochujang, 7.5ml [10ml] Sesame Oil & 15ml [20ml] Low Sodium Soy Sauce)</i>
150ml	200ml	Buckwheat
150g	200g	Peas
30g	40g	Cashew Nuts
15g	20g	Crispy Onion Bits

1. MISO-MAYO & LEMON DRESSING Preheat the oven to 220°C. To a bowl, add the miso paste, kewpie mayo, and a sweetener (to taste), and loosen with a splash of water. Season and mix well. To a separate bowl, add the lemon juice, olive oil, a sweetener (to taste), and seasoning. Toss the cucumber through the lemon dressing, and set aside.

2. SPICY, SALTY VEGGIE MEDLEY Spread the aubergine, onion, and carrot on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway). In the final 5-8 minutes, baste with the gochujang & soy mix.

3. BEGIN THE BUCKWHEAT Place the buckwheat in a pot over medium heat. Toast until fragrant, 2-4 minutes (shifting occasionally). Add 450ml [600ml] of salted water. Cover and simmer until the water has been absorbed, 15-20 minutes. Remove from the heat and steam for 10 minutes. Fluff with a fork, mix through the peas, and cover.

4. CRUNCH FACTOR Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. TIME TO ENJOY Bowl up the buckwheat, top with the roast veg, and the cucumber. Drizzle over the miso dressing. Garnish with the onion bits and the cashews.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey