



# UCCOOK

## Honeyed Beetroot & Hazelnut Carrots

with fresh mint & ricotta cheese

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	438kJ	3073kJ
Energy	105kcal	735kcal
Protein	3.4g	24g
Carbs	18g	128g
of which sugars	7.3g	51.1g
Fibre	3.1g	21.5g
Fat	2.8g	19.6g
of which saturated	0.8g	5.7g
Sodium	103mg	721mg

**Allergens:** Cow's Milk, Allium, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
10ml	20ml	NOMU Italian Rub
240g	480g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
10g	20g	Hazelnuts <i>roughly chop</i>
30ml	60ml	Honey
75ml	150ml	Quinoa <i>rinse</i>
3g	5g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
50g	50g	Ricotta Cheese
15ml	30ml	Lemon Juice
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>
20g	40g	Green Leaves <i>rinse</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the oven until crispy, 30-35 minutes (shifting halfway). When the roast has been in for 10 minutes, add the carrot to the tray and return to the oven. In the final 5 minutes, scatter over the hazelnuts and drizzle with honey. Toss together and return to the oven for the remaining time.

**2. KEEN ON QUINOA** Place the quinoa in a pot with 150ml [300ml] 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.

**3. GREENS & CHEESE** When the quinoa is cooked, toss through ½ the mint, ½ the ricotta, the lemon juice (to taste), the cucumber, the green leaves, a drizzle of olive oil, and seasoning. Set aside.

**4. DELISH!** Plate up a bed of the loaded quinoa and top with the roasted nutty veg. Crumble over the remaining ricotta and garnish with the remaining mint.