

UCOOK

Crunchy Couscous Patties

with a roasted butternut, feta & pumpkin seed salad

Patties made of fluffy wholewheat couscous, dried cranberries, onion and fresh parsley, sided with a roasted butternut, feta & pumpkin seed salad. Don't forget the creamy green pea hummus for dipping!

Hands-On Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Jeannette Joynt

 Vegetarian

 Fat Bastard | Rosé

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Ingredients & Prep

300ml	Wholewheat Couscous
1kg	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
40g	Pumpkin Seeds
2	Onions <i>peeled & finely diced</i>
60ml	NOMU One For All Rub
40g	Dried Cranberries <i>roughly chopped</i>
150ml	Cake Flour
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
160g	Peas
200ml	Hummus
160g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s
Blender

1. BECOUSCOUS I SAID SO! Preheat the oven to 200°C. Boil a full kettle. Using a shallow bowl, submerge the couscous in 500ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender.

2. ROAST & TOAST Place the butternut chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway. Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion.

3. PAT THE PATTIES INTO SHAPE When the couscous is done, add 2 eggs, the diced onion, the rub, ½ the chopped cranberries, the flour, seasoning, and ½ the chopped parsley, to the bowl. Shape into 3-4 patties per portion and set aside in the fridge until frying.

4. PERFECT PEA HUMMUS Submerge the peas in boiling water for 2-3 minutes until plump and heated through. Drain on completion and place in a blender. Add the hummus and pulse until smooth. Season to taste and set aside.

5. HEY, PATTY! Return the pan to a medium-high heat with enough oil to cover the base. When hot, fry the patties for 2-3 minutes per side until golden. Remove and drain on paper towel. You may need to do this step in batches. In a salad bowl, add the roasted butternut, the toasted pumpkin seeds, seasoning, and a drizzle of olive oil. Crumble in the drained feta and toss until fully combined.

6. THE MAIN EVENT Serve up the crispy couscous patties with a big scoop of the roasted butternut salad alongside. Serve with the perfect pea hummus. Sprinkle over the remaining parsley and chopped cranberries. Wowzers, Chef!



Chef's Tip

The butternut skin adds flavour, texture, and nutrients, but can be removed if you prefer!

Nutritional Information

Per 100g

Energy	601kJ
Energy	144Kcal
Protein	5.3g
Carbs	21g
of which sugars	3.1g
Fibre	3.5g
Fat	3.3g
of which saturated	1.5g
Sodium	3mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within
4 Days