



UCCOOK

Roasted Beet & Broccoli Bowl

with dried apricots & pearled barley

Get your temperature rising with a toasty, colourful feast: roast beetroot coated in Moroccan spices, pumpkin seeds, charred broccoli, crispy lentils, spiced barley, and a tangy pomegranate and cashew cream cheese drizzle.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 No paired wines

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

Ingredients & Prep

75ml	Pearled Barley <i>rinsed</i>
10ml	NOMU Moroccan Rub
150g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
60g	Tinned Lentils <i>drained & rinsed</i>
10g	Pumpkin Seeds
40ml	Cashew Nut Cream Cheese
15ml	Pomegranate Dressing
15g	Dried Apricots <i>roughly chopped</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. SPICED BARLEY Preheat the oven to 220°C. Place the rinsed barley in a pot with ½ the NOMU rub and 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

2. BEETS & BROCC Spread out the beetroot pieces on a roasting tray. Coat in oil, the remaining NOMU rub, and seasoning. Roast in the oven, 30-35 minutes (shifting halfway). Place the broccoli pieces and drained lentils in a bowl, coat in oil and seasoning, and set aside.

3. SEEDS & DRIZZLE Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, combine the cashew cream cheese with the pomegranate dressing (to taste). Season and set aside.

4. WHOLESOME VEG When the beetroot has been in for 10-15 minutes, remove from the oven and shift to one side of the tray. Place the broccoli pieces and lentils on the other side, in a single layer, and return to the oven for the remaining cooking time.

5. APRICOT & BARLEY In a bowl, toss the cooked barley with ½ the chopped apricots, and seasoning.

6. GET STUCK IN! Bowl up the barley next to the rinsed green leaves. Side with the roast veg and drizzle over the creamy dressing. Garnish with the toasted pumpkin seeds and the remaining apricots. Either toss it all together, or serve as is – “Buddha bowl” style. Yum!

Nutritional Information

Per 100g

Energy	741kJ
Energy	177kcal
Protein	6.7g
Carbs	29g
of which sugars	1.9g
Fibre	5.9g
Fat	2.8g
of which saturated	0.2g
Sodium	116mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days