

UCCOOK

Beetroot & Feta Nourish Bowl

with fresh mint

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	321kJ	2360kJ
Energy	77kcal	565kcal
Protein	3.7g	27g
Carbs	10g	72g
of which sugars	2.8g	20.5g
Fibre	3.4g	24.7g
Fat	3g	21.8g
of which saturated	0.9g	6.4g
Sodium	151mg	1112mg

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

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30ml	40ml	NOMU Italian Rub
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
45g	60g	Hazelnuts <i>roughly chop</i>
190g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
360g	480g	Chickpeas <i>drain & rinse</i>
45ml	60ml	Lemon Juice
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>
120g	160g	Artichoke Quarters <i>drain & roughly chop</i>
90g	120g	Danish-style Feta <i>drain & crumble</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, 35-40 minutes (shifting halfway). At the halfway mark, add the carrot and roast until golden.

2. TOAST & FRY Place a pan over medium-high heat. When hot, toast the hazelnuts until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. Fry the mushrooms until golden, 6-8 minutes (shifting occasionally). Remove from the pan and season. Return the pan to medium heat (with a drizzle of oil if necessary). Fry the chickpeas until golden, 5-6 minutes. Season and remove from the pan.

3. MINTY ARTICHOKE In a large bowl, combine olive oil, lemon juice (to taste), black pepper, the mint and artichokes.

4. GREAT PLATE Plate up the roasted veg. Top with the chickpea mix, the artichokes and garnish with the feta. Simple as that, Chef!