



# UCOOK

## Rainbow Roasted Buddha Bowl

with sesame seeds & pesto dressing

A bowl of beautiful flavours, textures, and ingredients! Delve into steamed brown & wild rice, crunchy kale, oven roasted butternut & onion spiced with NOMU Oriental Rub with pickled radish for tangy sharpness. Served with a creamy guac, a garnish of nutty seeds & a Pesto Princess Red Pepper Pesto dressing.

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**Hands-on Time:** 45 minutes

**Overall Time:** 65 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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Veggie

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Muratie Wine Estate | Muratie Isabella  
Chardonnay

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## Ingredients & Prep

|         |   |
|---------|---|
| 300ml   | Brown & Wild Rice<br><i>rinse</i>   |
| 1kg     | Butternut<br><i>rinse, deseed, peel (optional) &amp; cut into bite-sized pieces</i> |
| 2       | Onions<br><i>peel &amp; cut into wedges</i>   |
| 40ml    | NOMU Oriental Rub   |
| 40g     | Cashew Nuts<br><i>roughly chop</i>  |
| 40ml    | White Sesame Seeds  |
| 40ml    | Red Wine Vinegar  |
| 80g     | Radish<br><i>rinse &amp; slice into thin rounds</i>                                 |
| 200g    | Kale<br><i>rinse &amp; roughly shred</i>  |
| 125ml   | Pesto Princess Red Pepper Pesto   |
| 2 units | Guacamole   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Sugar/Sweetener/Honey

**1. READY THE RICE** Preheat the oven to 200°C. Place the rinsed rice in a pot with 1,2L of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

**2. ROASTED VEG** Spread the butternut pieces and onion wedges on a roasting tray. Coat in oil, the NOMU rub and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**3. FANCY GARNISH** Place the chopped cashews and sesame seeds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. PICKLED RADISH** In a bowl, combine the vinegar, 20ml of sweetener, a splash of water, and seasoning. Toss through the radish rounds and set aside to pickle.

**5. CRISPY KALE** Place the shredded kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. When the roast has 10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of dressed kale and roast for the remaining time.

**6. PESTO DRIZZLE** Drain and reserve the pickling liquid from the radish. Loosen the pesto with the pickling liquid and a drizzle of oil until drizzling consistency. Season and set aside.

**7. BOWL 'EM OVER** Serve it up buddha bowl style: Make a bed of the black rice. Top with the roasted veg & crispy kale, and the pickled radish. Serve the guacamole alongside. Drizzle with the pesto dressing and garnish with the toasted nut & seed mix.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 494kJ   |
| Energy             | 118kcal |
| Protein            | 3.2g    |
| Carbs              | 15g     |
| of which sugars    | 2.5g    |
| Fibre              | 3.7g    |
| Fat                | 4.7g    |
| of which saturated | 0.4g    |
| Sodium             | 170mg   |

## Allergens

Allium, Sesame, Sulphites, Tree Nuts

Eat  
Within  
4 Days