



# UCCOOK

## Roast Butternut & Mixed Rice Salad

**with toasted cashew nuts & a pomegranate dressing**

Get a load of this, Chef! A delicious, loaded mixed rice dish, featuring oven-roasted peppers, butternut, fresh greens, spring onion, and toasted cashews, all coated in a sweet pomegranate dressing. Finish with a squeeze of fresh lemon juice.

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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 Veggie

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 Strandveld | Grenache

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## Ingredients & Prep

750g	Butternut <i>rinse, deseed, peel &amp; cut into bite-sized pieces</i>
45ml	NOMU Provençal Rub
300ml	Mixed Rice <i>rinse</i>
2	Green Bell Peppers <i>rinse, deseed &amp; cut 1½ into small pieces</i>
2	Red Bell Peppers <i>rinse, deseed &amp; cut 1½ into small pieces</i>
45g	Cashew Nuts <i>roughly chop</i>
120ml	Pomegranate Dressing <i>(60ml Willowcreek Pomegranate Dressing &amp; 60ml Apple Cider Vinegar)</i>
60g	Green Leaves <i>rinse</i>
2	Spring Onions <i>rinse, trim &amp; finely slice</i>
2	Lemons <i>rinse, zest &amp; cut 1½ into wedges</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. ROASTED BUTTERNUT** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, ¾ of the NOMU rub, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. READY THE RICE** Place the rinsed rice in a pot with 700ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**3. DRESSED PEPPERS** Coat the red & green pepper pieces in oil, the remaining NOMU rub, and seasoning. When the butternut has 10 minutes to go, add the dressed peppers and roast for the remaining time.

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

**5. MIX THINGS UP** In a small bowl, mix together the pomegranate dressing and a sweetener. In a salad bowl, combine the cooked rice, the roasted butternut and pepper pieces, the rinsed leaves, and ½ the sliced spring onion. Mix through the sweetened pomegranate dressing, a generous squeeze of lemon juice, a drizzle of olive oil, and seasoning.

**6. YUM FOR THE TUM!** Bowl up the roasted butternut & mixed rice salad. Garnish with the toasted nuts and the remaining spring onion. Serve any remaining lemon wedges on the side.



## Chef's Tip

Air fryer method: Coat the butternut and the red & green pepper pieces in oil, the NOMU rub, and seasoning. Air fry the butternut at 200°C until crispy, 20-25 minutes (shifting halfway). Add the peppers for the final 10 minutes.

## Nutritional Information

Per 100g

Energy	324kJ
Energy	77kcal
Protein	2.6g
Carbs	15g
of which sugars	2.8g
Fibre	2.7g
Fat	1.2g
of which saturated	0.2g
Sodium	87mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days