

# **UCOOK**

# Roasted Baby Marrow Flatbread

with butternut, hummus & almonds

Who says you need to work hard to enjoy a delicious feast? Butternut & baby marrow chunks are roasted in a Moroccan rub and paired with yummy hummus. All of this tasty goodness sits atop a fluffy flatbread with crumbled goat's cheese and toasted almonds.

Hands-on Time: 30 minutes

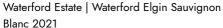
Overall Time: 45 minutes

**Serves:** 3 People

Chef: Quincy Vearey



Veggie



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### **Ingredients & Prep**

300g Butternut Chunks cut into bite-sized pieces

450g Baby Marrow rinsed, trimmed & cut into rounds

30ml NOMU Moroccan Rub 90ml Hummus

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45g Almonds
3 Flatbreads

60g Salad Leaves rinsed & roughly shredded

75g Chevin Goat's Cheese

30ml Lemon Juice

#### From Your Kitchen

Water

Oil (cooking, olive or coconut)
Salt & Pepper

300g Butternut Chu

pieces and the baby marrow rounds on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

1. ROASTED & TOASTED Preheat the oven to 200°C. Place the butternut

- **2. HELLO HUMMUS** Loosen the hummus with water in 10ml increments until a drizzling consistency. Season and set aside.
- **3. ALL-THE-MONDS** Place the almonds in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan.
- **4. READY THE BASE** When the roast has 5-8 minutes remaining, return the pan to a medium-high heat. Once hot, add the flatbreads and heat for 1-2 minutes per side until warm and browned.
- **5. FAB FEAST** Smear the hummus over the toasted flatbread. Top with the shredded salad leaves and the roasted veg. Crumble over the goat's cheese and sprinkle over the toasted almonds. Drizzle over the lemon juice (to taste). Well done, Chef!



If you have an air fryer, why not use it to cook the butternut and baby marrow? Coat in oil, the rub, and seasoning. Pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through.

#### Nutritional Information

Per 100g

Energy	545kJ
Energy	130kcal
Protein	4.9g
Carbs	17g
of which sugars	2.9g
Fibre	2.5g
Fat	4.8g
of which saturated	1.4g
Sodium	285mg

## **Allergens**

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook within 2 Days