



# UCOOK

## Creamy Harissa Polenta

**with crispy kale, mushrooms & cashew cream cheese**

A hearty and flavourful polenta dish that is also vegan and gluten-free - what more can you ask for? Topped with blistered baby tomatoes, crispy kale, and golden mushrooms infused with the peppery, woody aromatics of rosemary. Add a sprinkle of toasted pecan nuts and roasted chickpeas. And ta-da!

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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 Veggie

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 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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## Ingredients & Prep

|       |                                                     |
|-------|-----------------------------------------------------|
| 60g   | Chickpeas<br><i>drained &amp; rinsed</i>            |
| 80g   | Baby Tomatoes<br><i>halved</i>                      |
| 50g   | Kale<br><i>rinsed &amp; roughly shredded</i>        |
| 15g   | Pecan Nuts                                          |
| 4g    | Fresh Rosemary<br><i>rinsed</i>                     |
| 125g  | Button Mushrooms<br><i>roughly sliced</i>           |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>          |
| 1     | Fresh Chilli<br><i>deseeded &amp; finely sliced</i> |
| 100ml | Polenta                                             |
| 15ml  | Harissa Paste                                       |
| 20ml  | Cashew Nut Cream<br>Cheese                          |

## From Your Kitchen

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

**1. LET'S GET STARTED** Preheat the oven to 200°C. Boil the kettle. Spread the rinsed chickpeas and the halved baby tomatoes on a roasting tray. Coat in oil and season. Pop in the oven and roast for 15-20 minutes. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated in oil. Set aside.

**2. ADD THE TOASTY TASTE** Place the pecans in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and roughly chop.

**3. MOUTHWATERING MUSHROOMS** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the rinsed rosemary stalks and fry for 30 seconds until fragrant, shifting constantly. Add the sliced mushrooms and fry for 3-5 minutes until soft and golden, shifting as they colour. In the final minute, add the grated garlic and ½ the sliced chilli (to taste). Season and discard the rosemary stalks. Remove the mushrooms from the pan and set aside. Cover to keep warm until serving.

**4. THE ROASTEST WITH THE MOSTEST** Boil the kettle. When the roast has 8-10 minutes remaining, give the tray a shift. Scatter the dressed kale over the tray and roast for the remaining time. On completion, the chickpeas should be golden, the tomatoes should be blistered, and the kale should be crispy.

**5. PRETTY POLENTA** Place a pot over a high heat. Pour in 500ml of boiling water and add half a teaspoon of salt. Once boiling, slowly whisk in the polenta, stirring constantly until there are no lumps. Reduce to a low heat and cook for 5-8 minutes, whisking often, until the polenta is soft and the texture is thick and creamy. Turn off the heat and add the harissa paste (to taste) and ¾ of the cashew cream cheese. Mix until combined. Season to taste.

**6. A CREAMY, DREAMY DINNER** Dish up a hearty helping of the creamy harissa polenta. Top with the roast veg & chickpeas and the fried mushrooms. Scatter over the toasted pecans and the remaining chilli (to taste). Dollop over the remaining cashew nut cream cheese and there you go!



## Chef's Tip

If the polenta is too thick to whisk, use a wooden spoon to stir while it continues to cook.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 649kj   |
| Energy             | 155kcal |
| Protein            | 5g      |
| Carbs              | 20g     |
| of which sugars    | 1.7g    |
| Fibre              | 3.5g    |
| Fat                | 5.3g    |
| of which saturated | 0.4g    |
| Sodium             | 67mg    |

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days