



UCOOK

Rainbow Roasted Buddha Bowl

with fresh coriander, sesame seeds & pesto dressing

A veggie feast for the eyes and the taste buds! With beautiful colours and balanced flavours, this Buddha bowl starts with a layer of black rice. Topped with roasted veggies, crispy kale, pickled radish rounds, slices of green, creamy avo, a drizzle of red pepper pesto, and a sprinkle of white sesame seeds.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Morgan Nell

 Veggie

 Creation Wines | Creation Viognier Roussanne 2020

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300ml	Black Rice
800g	Cauliflower Florets <i>cut into bite-sized chunks</i>
2	Red Onions <i>peeled & cut into wedges</i>
40ml	NOMU Oriental Rub
200g	Kale <i>rinsed & roughly shredded</i>
80g	Cashew Nuts
40ml	Red Wine Vinegar
80g	Radish <i>rinsed & sliced into rounds</i>
2	Avocados
125ml	Red Pepper Pesto
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
40ml	White Sesame Seeds

From Your Kitchen

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

1. RICE RICE BABY Preheat the oven to 200°C. Rinse the rice and place in a pot with 1,2L of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. It should be tender but still bouncy. Remove from the heat and drain if necessary. Cover with the lid and set aside until serving.

2. COAT THE CAULI Spread out the cauliflower chunks and the onion wedges on a roasting tray. Coat in oil, the rub, and season. Roast in the hot oven for 30-35 minutes until cooked through, shifting halfway.

3. PAMPER THOSE VEGGIES Place the shredded kale on a second roasting tray with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. Set aside.

4. SOMETHING TO CASHEW ON Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

5. IN A PICKLE & VINAIGRETTE In a bowl, combine the vinegar, 20ml of a sweetener of choice and add water in 5ml increments until drizzling consistency. Add the radish rounds and set aside to pickle.

6. CRISP IT UP When the roast reaches the halfway mark, give them a shift and return to the oven. Pop in the tray of kale and cook for the remaining roasting time until crispy.

7. HALLO AVO Halve the avocados and remove the pips. Peel off the skin, and slice the flesh. Season and set aside. Drain and reserve the pickling liquid from the radish. Loosen the pesto with the pickling liquid until drizzling consistency.

8. TIME TO DINE Plate up the black rice. Top with the roasted veg, the crispy kale, the pickled radish, the avocado slices, and the chopped coriander. Drizzle over the pesto dressing and sprinkle over the sesame seeds and toasted cashew nuts. Get munching, Chef!



Chef's Tip

If you would like to toast your sesame seeds, place them in a pan over a medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside to cool.

Nutritional Information

Per 100g

Energy	548kj
Energy	131kcal
Protein	3.4g
Carbs	15g
of which sugars	2.3g
Fibre	4.5g
Fat	6.2g
of which saturated	1g
Sodium	136mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days