



UCOOK

Moroccan Moonshine Bowl

with black rice, roast cauliflower, pecans
& coconut yoghurt

Indulge in the opulence of black rice, served alongside a roast of cauliflower coated in Moroccan spices, crispy butter beans, and molasses-soaked beetroot. Bejewelled with crunchy pecans and dried apricots.

Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Fatima Ellemdeen

 Vegetarian

 Delheim Wines | Shiraz/Cabernet Sauvignon

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Ingredients & Prep

300ml	Black Rice
600g	Beetroot <i>rinsed, trimmed & cut into bite-sized chunks</i>
60ml	Pomegranate Molasses
240g	Butter Beans <i>drained & rinsed</i>
600g	Cauliflower Florets <i>cut into bite-sized pieces</i>
20ml	NOMU Moroccan Rub
60g	Pecan Nuts
200ml	Coconut Yoghurt
10g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
80g	Green Leaves <i>rinsed</i>
80g	Dried Apricots <i>roughly chopped</i>

From Your Kitchen

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

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

2. A LUXURIOUS ROAST Spread out the beetroot chunks on a roasting tray. Coat in oil, ½ of the pomegranate molasses, and some seasoning. Place the drained butter beans and cauliflower pieces on a separate roasting tray. Coat in oil, the Moroccan Rub to taste, and a little seasoning. Spread out in a single layer and roast in the hot oven for 35-40 minutes until cooked through and crisp, shifting halfway.

3. TOAST THE PECAN NUTS Place the pecans in a pan over a medium heat. Toast for 5-6 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

4. MINTY YOGHURT DRESSING In a bowl, combine the coconut yoghurt, ½ of the chopped mint, and 30ml of olive oil. Mix in the remaining pomegranate molasses (to taste) and some seasoning. Toss a drizzle of olive oil through the rinsed green leaves and season.

5. GRAB A BOWL! Dish up a base of steamy black rice. Cover in the Moroccan veg and sweet beets. Top with the dressed leaves and dollop over the dairy-free dressing. Garnish with the chopped pecans, remaining mint, and chopped dried apricots. Have a seat, Chef...



Chef's Tip

In Ancient China, black rice was believed to be superior to other types of rice due to its rich health benefits and powerful medicinal properties. During cooking, it releases a natural dye, so avoid staining by using a stainless steel pot.

Nutritional Information

Per 100g

Energy	478kJ
Energy	114Kcal
Protein	3g
Carbs	20g
of which sugars	5.1g
Fibre	4.1g
Fat	2.2g
of which saturated	0.6g
Sodium	160mg

Allergens

Sulphites, Tree Nuts

Cook
within 2
Days