



# UCOOK

## Moroccan Dried Mango Salad

with crispy lentils

This mango salad will definitely be your groove, Chef! Steamed couscous is loaded with oven-roasted sweet potato & baby onions, spiced with NOMU Moroccan Rub. Tangy baby tomatoes, sweet dried mango, & toasted seeds, drizzled with a zesty tahini dressing will make you want to eat, eat, eat... eat sum more.

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Veggie

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## Ingredients & Prep

800g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
12	Baby Onions <i>peel &amp; halve, keeping the stems intact</i>
40ml	NOMU Moroccan Rub
300ml	Couscous
40g	Pumpkin & Sunflower Seed Mix
240g	Tinned Lentils <i>drain &amp; rinse</i>
80ml	Tahini
40ml	Lemon Juice
320g	Baby Tomatoes <i>rinse &amp; cut into half</i>
80g	Dried Mango <i>roughly chop</i>

## From Your Kitchen

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

**1. SWEET ON SWEET POTATOES** Preheat the oven to 200°C. Spread the sweet potato pieces and the halved onions on a roasting tray. Coat in oil, the NOMU rub, and season. Roast until crispy, 30-35 minutes (shifting halfway).

**2. STEAMED COUSCOUS** Boil the kettle. Place the couscous in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**3. TOASTY SEEDS** Place the seed mix in a pan (with a lid) over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CRISPY LENTILS** Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan, season and set aside.

**5. TAHINI DRESSING** When the roast has 10 minutes left, remove the tray from the oven and flip the onions cut-side up. Return to the oven for the remaining time. In a small bowl, combine the tahini with the lemon juice (to taste), a sweetener (to taste), a drizzle of olive oil and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**6. ALMOST DONE** Once the couscous is done, toss with the crispy lentils, the quartered tomatoes, the chopped mango, the roasted veg and ½ the tahini dressing.

**7. DINNER'S READY!** Serve up the loaded couscous and drizzle with the remaining dressing. Garnish with the toasted seeds and there you have it!



## Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, the NOMU rub, and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway). Toss through the halved baby onions at the halfway point.

## Nutritional Information

Per 100g

Energy	526kJ
Energy	126kcal
Protein	5g
Carbs	23g
of which sugars	7.2g
Fibre	4.4g
Fat	2.2g
of which saturated	0.3g
Sodium	86mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites

Eat  
Within  
3 Days