

# U C O O K

— COOKING MADE EASY

## GLAZED BEETROOT & CHEVIN

**with quinoa, Provençal roast butternut & a tahini dressing**

Sticky, balsamic-glazed beetroot and generous drops of creamy goat's cheese adorn this wholesome yet indulgent bowl: quinoa swirled with caramelised onion, warm kidney beans, fresh rocket, and butternut roasted in Provençal herbs.

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 **Vegetarian**

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## Ingredients & Prep

600g	Beetroot <i>rinsed, trimmed &amp; cut into bite-size chunks</i>
60ml	Balsamic Glaze
1kg	Butternut Chunks <i>cut into bite-size pieces</i>
40ml	NOMU Provençal Rub
480g	Red Kidney Beans <i>drained &amp; rinsed</i>
400g	White Quinoa
40g	Sunflower Seeds
2	Onion <i>peeled &amp; thinly sliced</i>
80g	Green Leaves <i>rinsed</i>
160ml	Tahini Dressing
100g	Goat's Cheese

## From Your Kitchen

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

**1. GLAZED & HERBY VEG** Preheat the oven to 200°C. Place the beetroot chunks on a tinfoil-lined roasting tray. Coat in oil, the balsamic glaze, and seasoning to taste. Spread out evenly. Place the butternut pieces on a separate roasting tray. Coat in oil, the Provençal Rub, and seasoning to taste. Spread out evenly. Pop both trays in the hot oven and roast for 35-40 minutes until cooked through and crisping up. At the halfway mark, give the veggies a shift and scatter the drained kidney beans over the tray of butternut. Return both trays to the oven for the remaining roasting time.

**2. PEARLY WHITE QUINOA** Rinse the quinoa and place in a pot. Submerge in 800ml of water, place over a medium-high heat, and bring to a simmer (uncovered). Cook for 20-25 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

**3. TOAST THE SEEDS** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**4. CARMELISED ONIONS** Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 10-15 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. Remove from the pan on completion and stir through the cooked quinoa.

**5. LEAVES & TAHINI DRESSING** Toss the rinsed green leaves with a drizzle of oil and seasoning to taste. Set aside for serving. Place the Tahini Dressing in a bowl and combine with 1 tbsp olive oil. Mix with warm water in 5ml increments until drizzling consistency, season to taste, and set aside for serving.

**6. WHAT A TASTE BUD TREAT!** Dish up a heap of caramelised onion quinoa and top with the dressed green leaves. Pile on the colourful roast veg and beans, and sprinkle over the toasted sunflower seeds. To finish off, dollop with the goat's cheese and generously drizzle with tahini dressing. It's supper time, Chef!



## Chef's Tip

Caramelised onions reach their full potential when sliced finely and cooked slowly. If you have the time, fry your onions over a low heat and add on an extra 10-15 minutes cooking time. Stir in a knob of butter towards the end for even creamier results!

## Nutritional Information

Per 100g

Energy	571kJ
Energy	136Kcal
Protein	4.8g
Carbs	20g
of which sugars	5.3g
Fibre	3.6g
Fat	4.2g
of which saturated	0.9g
Sodium	140mg

## Allergens

Dairy, Allium, Sesame, Sulphites

Cook  
within 3  
Days