



UCCOOK

Roasted Vegetables & Miso Mayo

with toasted cashew nuts, bulgur wheat & crispy onions

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	478kJ	3467kJ
Energy	114kcal	829kcal
Protein	3g	21.7g
Carbs	15g	111g
of which sugars	3.3g	23.7g
Fibre	3.3g	23.9g
Fat	4.5g	32.4g
of which saturated	0.6g	4.2g
Sodium	141mg	1022mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut into thick wedges</i>
450g	600g	Beetroot Chunks
225ml	300ml	Bulgur Wheat
450g	600g	Cauliflower Florets <i>cut into bite-sized pieces</i>
60g	80g	Cashew Nuts <i>roughly chop</i>
180ml	240ml	Miso Mayo <i>(105ml [140ml] Mayo, 45ml [60ml] Miso Paste & 30ml [40ml] Lime Juice)</i>
30ml	40ml	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. ROAST Preheat the oven to 200°C. Spread the carrot, the onion, and the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

3. CAULI Coat the cauliflower in oil and season. When the roast has 10-15 minutes to go, scatter over the cauliflower, and roast for the remaining time.

4. NUTS Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. MISO MAYO Just before serving, combine the bulgur, the roast veggies, and a drizzle of olive oil. Loosen the miso mayo with water in 5ml increments until drizzling consistency.

6. DINNER IS READY Make a bed of the loaded bulgur, drizzle over the miso mayo, and sprinkle over the nuts and the crispy onions. Enjoy, Chef!

Chef's Tip Spread the veggies in a single layer with space between them. Overcrowding causes steaming instead of roasting.