



# UCOOK

## Magnificent Moonshine Bowl

**with black rice, roast cauliflower, pecans & coconut yoghurt**

Indulge in the opulence of black rice topped with a luxurious roast: cauliflower coated in a fragrant rub, crispy butter beans, and molasses-glazed beetroot. All bejewelled with crunchy pecans and dried apricots.

---

**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Fatima Ellemdeen

---

 Vegetarian

---

 Lanzerac Estate | Keldermeester Versameling Bergstroom

---

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

## Ingredients & Prep

75ml	Black Rice
150g	Beetroot <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
15ml	Pomegranate Molasses
150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
60g	Butter Beans <i>drained &amp; rinsed</i>
5ml	NOMU One For All Rub
15g	Pecan Nuts
50ml	Coconut Yoghurt
3g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
20g	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 400ml 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. DRESSED TO IMPRESS** Spread out the beetroot chunks on one side of a roasting tray. Coat in oil, ½ of the pomegranate molasses, and some seasoning. Spread out the cauliflower pieces and drained butter beans on the other side of the tray. Coat in oil, the One For All Rub, and a little seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisp, shifting halfway.

**3. TOAST THOSE NUTS** Place the pecan nuts 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 10ml of olive oil. Mix in the remaining pomegranate molasses (to taste) and season. Toss a drizzle of olive oil and some seasoning through the rinsed green leaves.

**5. GRAB A BOWL!** Dish up a base of steamy black rice. Cover in the fragrant 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	500kJ
Energy	120Kcal
Protein	3g
Carbs	19g
of which sugars	5g
Fibre	4g
Fat	2.9g
of which saturated	0.6g
Sodium	106mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 2  
Days