



# UCCOOK

## Hot 'n Tangy Pumpkin Salad

**with charred black beans, crispy onions & a chilli-lime dressing**

It's sure to be the peak of your week! A hearty rice salad with crisp black beans, smoky roast pumpkin, peas, baby tomatoes, and pumpkin seeds; tied together with a dressing of sweet chilli sauce, lime, and fresh chilli.

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**Hands-On Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Lauren Todd

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 Vegetarian

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 **Delheim Wines** | Gewürztraminer

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## Ingredients & Prep

200g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
10ml	NOMU Spanish Rub
120g	Black Beans <i>drained &amp; rinsed</i>
75ml	Brown Basmati Rice
10g	Pumpkin Seeds
25ml	Ong's Sweet Chilli Sauce
10ml	Coconut Sugar
1	Lime <i>cut into wedges</i>
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>
80g	Baby Tomatoes <i>rinsed &amp; quartered</i>
50g	Peas
20g	Green Leaves <i>rinsed</i>
15ml	Crispy Onions

## From Your Kitchen

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

**1. ROASTIN' PUMPKIN** Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray. Coat in oil, the Spanish Rub to taste, and a little seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up. Place the drained black beans in a bowl, coat in oil and seasoning, and set aside.

**2. GET THE RICE GOING** Rinse the rice and place in a pot over a medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

**3. SEEDS, PEAS & TOMATOES** Boil the kettle. Place the seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool. In a salad bowl, combine the sweet chilli sauce with 2 tsp of oil. Mix in the coconut sugar, lime juice, and chopped chilli — all to taste. Toss through the quartered baby tomatoes, season to taste, and set aside to marinate. Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion and set aside.

**4. HALFWAY, HOORAY!** When the pumpkin reaches the halfway mark, remove from the oven and give a shift. Scatter over the beans, spread out in a single layer, and return to the oven for the remaining time. On completion, the beans should be crisping up and the pumpkin should be cooked through and caramelised.

**5. ASSEMBLE THE RICE SALAD** When the roast veg and rice have finished cooking, place in a large bowl with the peas and the marinated tomatoes. Toss through the chilli-lime dressing from the tomato bowl to taste. In a separate bowl, toss the rinsed green leaves with some lime juice and seasoning to taste.

**6. A COLOUR & FLAVOUR BURST!** Make a bed of moreish rice salad and scatter with the dressed leaves. Finish with flecks of toasted pumpkin seeds, sprinkles of crispy onions, and any remaining lime wedges. Wonderful work, Chef!

## Nutritional Information

Per 100g

Energy	539kj
Energy	129Kcal
Protein	4g
Carbs	24g
of which sugars	6.3g
Fibre	4.6g
Fat	2.1g
of which saturated	0.5g
Sodium	273mg

## Allergens

Gluten, Allium, Wheat

Cook  
within 3  
Days