



UCCOOK

Savoury Baked Rice

with a pepper & walnut salsa

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Waterkloof | Beeskamp Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	507kJ	3922kJ
Energy	121kcal	938kcal
Protein	3.3g	25.9g
Carbs	19g	148g
of which sugars	3.5g	27.3g
Fibre	3.1g	24.3g
Fat	3.5g	27.2g
of which saturated	0.3g	2.4g
Sodium	189mg	1461mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
35g	70g	Cranberry & Nut Mix <i>(15ml [30ml] Dried Cranberries & 20ml [40ml] Walnuts - Pieces)</i>
1	1	Onion <i>peel & finely slice</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
10ml	20ml	NOMU Italian Rub
100ml	200ml	White Basmati Rice <i>rinse</i>
1	1	Vegetable Stock Sachet
3g	5g	Fresh Mint <i>rinse</i>
120g	240g	Tinned Lentils <i>drain & rinse</i>
50ml	100ml	Buttanut Macadamia Nut Yoghurt
10ml	20ml	Lemon Juice
30g	60g	Piquanté Peppers

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Tinfoil

1. TOAST UNTIL GOLDEN Preheat the oven to 200°C and boil the kettle. Place the cranberry & nut mix in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. READY THE RICE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion and the bell pepper until caramelised, 10-12 minutes (shifting occasionally). In the final 5 minutes, add the NOMU rub and fry until fragrant. Remove from the heat and mix through the rice, ½ the [1] stock sachet and 200ml [400ml] of salted water. Place into an oven-proof dish and top with the mint. Reserve one sprig to the side. Cover the dish with tinfoil and bake in the hot oven until the rice is fluffy and the liquid has been absorbed, 15-20 minutes.

3. LEKKER LENTILS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the lentils until golden and crispy, 12-15 minutes. Remove from the pan and season. Set aside.

4. MINTY YOGHURT Pick the leaves from the remaining mint sprig and roughly chop. In a small bowl, combine the mint, the macadamia yoghurt, the lemon juice (to taste), and seasoning. Set aside.

5. ALL TOGETHER NOW Drain and roughly chop the sweet peppers. In a bowl, toss together the peppers, the cranberry & nut mixture, the lentils, a drizzle of olive oil, and seasoning. Set aside.

6. A TASTE TRIUMPH Serve up the steaming baked rice and scatter with the nut salsa. Drizzle over the minty macadamia yoghurt.