



UCOOK

Crunchy Peanut & Toasted Quinoa Salad

with edamame beans, cabbage & roasted pumpkin

It's quinoa - two ways! Fluffy quinoa is loaded with roasted pumpkin, crispy edamame beans, crunchy mixed nuts, with cabbage & carrot. Drizzled with a creamy sweet-soy dressing, and garnished with fresh coriander and crispy, pan-fried quinoa for double the crunch and deliciousness.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jemimah Smith

Veggie

Strandveld | Adamastor White Blend

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Ingredients & Prep

400g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
20ml	NOMU Oriental Rub
150ml	Quinoa <i>rinse</i>
200g	Edamame Beans
40g	Mixed Nuts <i>(20g Cashew Nuts & 20g Peanuts)</i>
20g	Fresh Ginger <i>peel & grate</i>
60ml	Sweet Soy Dressing <i>(30ml Sweet Indo Soy Sauce, 20ml Rice Wine Vinegar & 10ml Sesame Oil)</i>
60ml	ButtaNutt Coconut Yoghurt
200g	Cabbage <i>rinse & thinly slice</i>
240g	Carrot <i>rinse, trim, peel & grate</i>
5g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. QUINOA Place the rinsed quinoa in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. TOAST Roughly chop the mixed nuts. Place the chopped nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. DRESSING Return the pan to medium heat with a drizzle of oil. When hot, fry the grated ginger until fragrant, 30-60 seconds. Mix in the sweet soy dressing and remove from the pan. Set aside to cool before mixing with the yoghurt. In a small bowl, combine the dressing, and the coconut yoghurt.

5. CRISPY QUINOA Return the pan to medium heat with a drizzle of oil. When hot, fry ½ of the cooked quinoa until crispy, 4-5 minutes (shifting occasionally).

6. JUST BEFORE SERVING In a salad bowl, combine the sliced cabbage, the grated carrot, the roasted pumpkin, the soft quinoa, the edamame beans, the toasted nuts, a drizzle of olive oil, and seasoning.

7. DINNER IS READY Dish up the loaded salad, drizzle over the creamy dressing, and scatter over the crispy quinoa. Garnish with the rinsed coriander and dig in, Chef!

Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	489kJ
Energy	117kcal
Protein	4.2g
Carbs	17g
of which sugars	5.2g
Fibre	3.2g
Fat	3.4g
of which saturated	0.6g
Sodium	118mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
3 Days