



UCCOOK

Roasted Balsamic Beetroot & Butternut

with quinoa, caramelised onion & tahini dressing

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Veggie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	532kJ	4538kJ
Energy	127kcal	1086kcal
Protein	3.6g	30.9g
Carbs	17g	144g
of which sugars	4.7g	40.1g
Fibre	2.7g	23.4g
Fat	4.6g	39.5g
of which saturated	1.6g	13.4g
Sodium	80mg	683mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	Balsamic Reduction
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	NOMU One For All Rub
75ml	150ml	Quinoa <i>rinse</i>
10g	20g	Sunflower Seeds
1	1	Onion <i>peel & finely slice ½ [1]</i>
60g	120g	Black Beans <i>drain & rinse</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
20ml	40ml	Tahini
10ml	20ml	Honey
50ml	100ml	Crème Fraîche

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter (optional)
Seasoning (salt & pepper)

1. GLAZED & HERBY VEG Preheat the oven to 200°C. Spread the beetroot on one side of a roasting tray. Coat in oil, the balsamic reduction, and season. Spread the butternut on the other side of the tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PEARLY QUINOA Place the quinoa in a pot with 150ml [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 THE SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. CARAMELISED ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Season, remove from the pan, and stir through the cooked quinoa.

5. HALFWAY When the roast veg reaches halfway, shift the tray, scatter over the black beans, and return to the oven for the remaining roasting time.

6. LEAVES & TAHINI DRESSING In a salad bowl, toss the green leaves with a drizzle of olive oil and seasoning. In a small bowl, combine the tahini and the honey with 1 [2] tsp of olive oil and seasoning. Loosen with warm water in 5ml increments until drizzling consistency.

7. WHAT A TASTE BUD TREAT! Dish up a heap of caramelised onion quinoa and top with the dressed green leaves. Pile on the colourful roast veg and beans, and sprinkle over the sunflower seeds. To finish off, dollop over the crème fraîche and generously drizzle with the tahini dressing. It's supper time, Chef!

Chef's Tip Caramelised onions reach their full potential when sliced finely & cooked slowly. If you have the time, fry your onions over a low heat and add on 10-15 minutes cooking time!