



UCOOK

Warm Winter Salad & Maple Nuts

with butternut, baby carrots & a Dijon mustard vinaigrette

A bed of tangy quinoa is topped with rosemary roasted butternut & baby carrots. Add a touch of luxury with creamy cashew nut cream cheese, and a sweet & savoury twist with maple nuts & crispy onion bits. Finished with a crack of black pepper and lemon zest. It's a cosy and satisfying dish that's perfect for colder weather noshing!

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Rhea Hsu

 Veggie

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

750g	Butternut <i>peeled (optional), de-seeded & cut into half-moons</i>
300g	Baby Carrots <i>rinsed & halved, keeping the stems intact</i>
12g	Fresh Rosemary <i>rinsed</i>
225ml	Quinoa <i>rinsed</i>
90g	Mixed Nuts <i>(30g Almonds, 30g Macadamia Nuts & 30g Hazelnuts)</i>
60ml	Maple Syrup
1	Lemon <i>zested & cut into wedges</i>
45ml	Dijon Dressing <i>(15ml Dijon Mustard & 30ml Apple Cider Vinegar)</i>
60g	Green Leaves <i>rinsed</i>
90ml	Cashew Nut Cream Cheese
45ml	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. WARM ROAST VEG Preheat the oven to 200°C. Spread out the butternut half-moons, the halved baby carrots, and the rinsed rosemary sprigs on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Discard the rosemary.

2. COOK THE QUINOA Place the rinsed quinoa in a pot with 450ml 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. MAPLE NUTS Roughly chop the mixed nuts. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the chopped nuts until browned, 1-2 minutes. Remove from the heat and stir through the maple syrup, the juice of 3 lemon wedges, ½ the lemon zest (to taste), and seasoning. Remove from the pan and set aside.

4. ALL ABOUT THE BASE In a salad bowl, combine the dijon dressing, a drizzle of olive oil, a sweetener, and seasoning. Toss through the cooked quinoa and the rinsed green leaves.

5. FINAL TOUCHES Make a bed of the dressed quinoa salad. Top with the roasted veg. Drizzle over the cashew nut cream cheese. Scatter over the maple nuts, the crispy onion bits, and the remaining lemon zest. Finish it off with a crack of black pepper, and serve with any remaining lemon wedges. Beautiful work, Chef!

Nutritional Information

Per 100g

Energy	633kj
Energy	151kcal
Protein	4g
Carbs	22g
of which sugars	6.1g
Fibre	3.5g
Fat	6.3g
of which saturated	0.7g
Sodium	41mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days