



UCOOK

Honeyed Beetroot & Hazelnut Carrots

with fresh mint & Danish-style feta

A veggie feast for the eyes! The main feature of this dish is the loaded quinoa, with creamy feta, zesty lemon juice, cooling cucumber, refreshing mint & greens. This is topped with oven roasted honeyed beetroot, carrots & hazelnuts.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Muratie Wine Estate | Muratie Isabella
Chardonnay 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

600g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30ml	NOMU Italian Rub
720g	Carrot <i>rinse, trim, peel & cut into wedges</i>
30g	Hazelnuts <i>roughly chop</i>
90ml	Honey
225ml	Quinoa <i>rinse</i>
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
90g	Danish-style Feta <i>drain</i>
45ml	Lemon Juice
150g	Cucumber <i>rinse & cut into half-moons</i>
60g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. NUTTY HONEY VEG Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). When the roast has been in for 10 minutes, add the carrot wedges to the tray and return to the oven. In the final 5 minutes, scatter over the chopped hazelnuts and drizzle with honey. Toss together and return to the oven for the remaining time.

2. QUICK 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. LOAD IT UP When the quinoa is cooked, toss through ½ the chopped mint, ½ the drained feta, the lemon juice, the cucumber half-moons, the rinsed green leaves, a drizzle of olive oil, and seasoning. Set aside.

4. SUCCESS! Plate up a bed of the loaded quinoa and top with the roasted nutty veg. Crumble over the remaining feta and garnish with the remaining mint.



Chef's Tip

Air fryer method: Coat the beetroot pieces and the carrot wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	429kJ
Energy	102kcal
Protein	3.3g
Carbs	17g
of which sugars	7.5g
Fibre	2.7g
Fat	2.9g
of which saturated	0.9g
Sodium	124mg

Allergens

Allium, Sesame, Tree Nuts, Cow's Milk

Cook
within
4 Days