



UCOOK

Roast Veg & Cornbread Bikkies

with fresh parsley, black beans & broccoli

A Southern-style feast awaits! Black beans, corn, and charred broccoli are all cooked in a spicy tomato sauce. They are sided with delicious flaky cornbread biscuits! This kind of cuisine is all about feeling at home, fab flavour and the idea of feasting with family and friends!


Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Boschendal | Boschen Blanc

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Ingredients & Prep

150g	Broccoli Florets <i>cut into bite-sized pieces</i>
50g	Corn
60g	Black Beans <i>drained & rinsed</i>
10ml	NOMU Spanish Rub
60g	Tinned Sweetcorn
30ml	Low Fat Fresh Milk
30ml	Polenta
50ml	Cake Flour
5ml	Baking Powder
10ml	White Sugar
100g	Cooked Chopped Tomato
4g	Fresh Parsley <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Egg/s
Muffin Tin/Ramekins

1. VEGGIE HEAVEN Preheat the oven to 200°C. Place the broccoli pieces, the corn, and the drained black beans in a deep roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 10-12 minutes until starting to crisp, shifting halfway.

2. GOTTA RISK IT TO GET THE BISCUIT! Grease 3 ramekins or a muffin tin. Heat 20g of butter in the microwave or in a pot over the stove until melted. In a bowl, combine the sweetcorn, melted butter, 1 egg, and the milk. Mix until fully combined. Add the polenta, flour, baking powder, sugar, and seasoning. Mix until fully combined. On completion, pour the batter into the greased ramekins or the muffin pan. Pop in the hot oven and bake for 15-20 minutes until golden and cooked through.

3. SAUCY VEGGIES Boil the kettle. When the broccoli and beans are done, remove the tray from the oven. Pour over the cooked chopped tomato and 50ml of boiling water. Pop in the hot oven and bake for 10-15 minutes until the sauce has slightly reduced. Season to taste.

4. A SOUTHERN FEAST! Plate up a generous helping of the spicy tomato veggies. Side with the cornbread biscuits. Sprinkle over the picked parsley. Great work, Chef!

Nutritional Information

Per 100g

Energy	419kJ
Energy	100Kcal
Protein	3.9g
Carbs	20g
of which sugars	4.3g
Fibre	2.7g
Fat	0.7g
of which saturated	0.2g
Sodium	194mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days