



UCOOK

Sticky Glazed Beetroot & Chevin

with quinoa, caramelised onion & tahini dressing

Sticky, balsamic-glazed beetroot and generous drops of creamy goat's cheese adorn this wholesome yet indulgent bowl. Quinoa is swirled with caramelised onion, warm black beans, fresh green leaves, and butternut roasted in Provençal herbs.


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Paserene | Rosie Rosé

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Ingredients & Prep

450g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
30ml	Balsamic Glaze
750g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
30ml	NOMU Provençal Rub
180g	Black Beans <i>drained & rinsed</i>
225ml	White Quinoa
30g	Sunflower Seeds
2	Onions <i>1½ peeled & finely sliced</i>
60g	Green Leaves <i>rinsed & shredded</i>
105ml	Tahini Dressing <i>(90ml Tahini & 15ml Honey)</i>
75g	Chevin Goat's Cheese

From Your Kitchen

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

1. GLAZED & HERBY VEG Preheat the oven to 200°C. Place the beetroot chunks on a tinfoil-lined roasting tray. Coat in oil, the balsamic glaze, and seasoning. Spread out evenly. Place the butternut chunks on a separate roasting tray. Coat in oil, the Provençal Rub, and seasoning. Pop both trays in the hot oven and roast for 35-40 minutes until cooked through and crisping up. At the halfway mark, give the veggies a shift and scatter the drained black beans over the tray of butternut.

2. PEARLY WHITE QUINOA Rinse the quinoa and place in a pot. Submerge in 600ml of water, place over a medium-high heat, and bring to a simmer (uncovered). Cook for 20-25 minutes until the quinoa is fluffy and the tails have popped out, adding more water during the cooking process (if required). On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. TOAST THE SEEDS Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan.

4. CARMELISED ONIONS Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 10-15 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste). Remove from the pan and stir through the cooked quinoa.

5. LEAVES & TAHINI DRESSING In a salad bowl, toss the shredded green leaves with a drizzle of oil and seasoning. Place the tahini dressing in a small bowl and combine with 1 tbsp of olive oil and seasoning. Mix with warm water in 5ml increments until drizzling consistency.

6. 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 toasted sunflower seeds. To finish off, dollop with the goat's cheese and generously drizzle with 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!

Nutritional Information

Per 100g

Energy	558kj
Energy	133kcal
Protein	4.7g
Carbs	18g
of which sugars	4.2g
Fibre	3.2g
Fat	4.7g
of which saturated	1g
Sodium	120mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within
4 Days