



UCCOOK

Mushroom Bulgur Wheat Bowl

with a balsamic vinegar & dijon mustard dressing

Feast your eyes on this veggie-forward feast, Chef! Fluffy bulgur wheat is topped with plump edamame beans, crunchy carrot matchsticks, fresh greens, and pan-fried mushrooms. Coated in a sweet dijon mustard dressing and a scattering of pecan nuts.

Hands-on Time: 50 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jade Summers

Veggie

Groote Post Winery | Groote Post Old Man's Blend Red Blend

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Ingredients & Prep

600g	Beetroot Chunks
150g	Edamame Beans
225ml	Bulgur Wheat
30g	Pecan Nuts <i>roughly chop</i>
375g	Button Mushrooms <i>wipe clean & roughly slice</i>
15ml	NOMU Provençal Rub
75ml	Mustard Dressing <i>(45ml Balsamic Vinegar, 15ml Dijon Mustard & 15ml Maple-flavoured Syrup)</i>
360g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
60g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. BEETS & BEANS Boil the kettle. Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

2. BEGIN THE BULGUR Place the bulgur wheat in a pot with 450ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

3. YOU PE-CAN! Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. MMMUSHROOMS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 6-7 minutes (shifting occasionally). During the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and season.

5. MUSTARD DRESSING In a bowl, add the mustard dressing, a drizzle of olive oil, and seasoning. Loosen with a splash of water until drizzling consistency.

6. GET READY FOR COMPLIMENTS Plate up poke bowl style. Top the bulgur with the edamame beans, the carrot matchstick, the shredded leaves, the roasted beetroot, and the fried mushrooms. Drizzle over the mustard dressing and scatter over the toasted nuts.



Chef's Tip

If you don't want to wait for the beets to roast, place them in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

Nutritional Information

Per 100g

Energy	395kJ
Energy	94kcal
Protein	3.7g
Carbs	16g
of which sugars	3.3g
Fibre	3.8g
Fat	1.9g
of which saturated	0.1g
Sodium	71mg

Allergens

Gluten, Wheat, Sulphites, Tree Nuts,
Soy

Eat
Within
3 Days