



UCOOK

Cheesy Cauli & Sweet Potato Bake

with a fresh salad, an almond crumb & fresh oregano

Rich tomato sauce, melted cheese & fresh herbs that remind us why we love simple recipes with bold flavours that speak to the heart (and stomach). You'll be making this roasted veggie bake, balanced with a nutty, crunchy panko & almond crumb, for many more years to come, Chef!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Thea Richter

 Veggie

 Creation Wines | Creation Chardonnay

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

Ingredients & Prep

600g	Cauliflower Florets <i>cut into bite-sized pieces</i>
750g	Sweet Potato <i>rinsed & cut into small bite-sized pieces</i>
2	Onions <i>1½ peeled & roughly chopped</i>
2	Garlic Cloves <i>peeled & grated</i>
300ml	Tomato Passata
12g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
150g	Grated Mozzarella Cheese
200ml	Italian Crumb <i>(170ml Panko Breadcrumbs & 30ml NOMU Italian Rub)</i>
30g	Almonds
60g	Salad Leaves <i>rinsed & roughly shredded</i>
150g	Cucumber <i>cut into bite-sized pieces</i>

From Your Kitchen

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

1. READY WITH THE VEGGIE? Preheat the oven to 200°C. Spread the cauliflower pieces and the sweet potato pieces in a baking dish. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. COOKING UP A STORM Place a pan over medium-high heat with a drizzle of oil. When hot, add the chopped onion and fry until soft, 4-5 minutes (shifting occasionally). Add the grated garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the passata and simmer until slightly reduced, 8-10 minutes. Add ½ the chopped oregano, a sweetener, and seasoning.

3. MMMELTED CHEESE When the veg is done, pour the tomato sauce over the roasted veg and toss until coated. Sprinkle over the grated cheese and bake until the cheese is melted, 7-8 minutes.

4. CRUMBILICIOUS! Return the pan, wiped down, to a medium-high heat with a drizzle of oil and a knob of butter. When melted, add the Italian crumb and the almonds. Fry until browned, 2-3 minutes (shifting occasionally).

5. GO WITH THE GREENS In a bowl, combine the shredded salad leaves, the cucumber pieces, a drizzle of olive oil, and seasoning.

6. SET THE TABLE Plate up the cheesy cauli & sweet potato bake. Sprinkle over the almond crumb and the remaining oregano. Serve with the fresh salad. Dive in, Chef!

Nutritional Information

Per 100g

Energy	347kJ
Energy	83kcal
Protein	3.1g
Carbs	12g
of which sugars	4g
Fibre	2.3g
Fat	2.1g
of which saturated	0.9g
Sodium	126mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 2
Days