



UCCOOK

Butternut & Charred Corn Bowl

with cashew nut cream cheese & jalapeño relish

A bowlful of yum that is sure to make your tastebuds dance, Chef! Revel in the flavours of roasted butternut & chickpeas, charred corn, red cabbage, and radish rounds tossed in an apple cider vinaigrette. Elevated by the velvety goodness of cashew nut cream cheese, and crowned with a spicy jalapeño relish and toasted coconut flakes & pumpkin seeds.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Veggie

 Delheim Wines | Delheim Staying Alive Riesling

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
120g	Chickpeas <i>drained & rinsed</i>
20g	Coconut & Pumpkin Seeds <i>(10g Coconut Flakes & 10g Pumpkin Seeds)</i>
50g	Corn
20ml	Jalapeño Relish
10g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
30ml	Cashew Nut Cream Cheese
100g	Cabbage <i>rinsed & thinly sliced</i>
5ml	Apple Cider Vinegar
20g	Radish <i>rinsed, trimmed & sliced into thin rounds</i>

From Your Kitchen

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

1. READY THE ROAST Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the drained chickpeas in a bowl and toss with a drizzle of oil and seasoning. Set aside.

2. NICE & TOASTY Place the coconut & pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, place in a salad bowl, and set aside.

4. ADD THE CHICKPEAS When the butternut has been in for 15 minutes, remove the tray from the oven and scatter over the dressed chickpeas. Return to the oven for the remaining time.

5. FOR THE FINAL TOUCHES In a small bowl, combine the jalapeño relish with the chopped jalapeños (to taste). In a separate bowl, loosen the cashew nut cream cheese with a splash of water and season. Set both aside.

6. FINISH THE SALAD To the salad bowl with the corn, toss through the sliced cabbage, the vinegar, a sweetener, a drizzle of olive oil, the radish rounds, ½ the jalapeño relish, the roasted veg, and seasoning.

7. TIME TO FEAST! Plate up the butternut, cabbage & jalapeño salad. Drizzle it all with the remaining spicy jalapeño relish and the cashew nut cream cheese. Garnish with the toasted coconut & pumpkin seeds. Tuck in, Chef!



Chef's Tip

Air fryer method: Air fry the dressed butternut pieces at 200°C until crispy, 25-30 minutes (shifting halfway). Scatter over the dressed chickpeas at the halfway mark.

Nutritional Information

Per 100g

Energy	469kJ
Energy	112kcal
Protein	3.7g
Carbs	14g
of which sugars	3.7g
Fibre	3.2g
Fat	3.1g
of which saturated	1g
Sodium	43mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days