



U C O O K

— COOKING MADE EASY

COSY VEGGIE BLISS BOWL

with dried apricots & pomegranate
molasses dressing

If you're feeling the bite in the winter air, get your internal thermometer rising with a bowl of toasty bliss: roast beetroot, pumpkin seeds, charred brussels sprouts, feta, and spiced quinoa. Mmm...

Prep + Active Time: 20 minutes

Total Cooking Time: 40 minutes

 **Serves:** 1 person

 **Chef:** Tess Witney

 **Vegetarian**

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Ingredients

150 g	Beetroot <i>rinsed, trimmed & cut into bite-size pieces</i>
5ml	NOMU Moroccan Rub
75ml	White Quinoa
10 g	Pumpkin Seeds
150 g	Brussels Sprouts <i>halved</i>
50ml	Plain Yoghurt
15ml	Pomegranate Molasses
3g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
20 g	Dried Apricot <i>roughly chopped</i>
25g	Danish Feta <i>drained</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water

1. ROAST BEET S

Preheat the oven to 220°C. Spread out the beetroot pieces on a roasting tray. Coat in oil, half of the Moroccan Rub, and seasoning. Roast in the hot oven for 30-35 minutes until crispy, shifting halfway.

2. SPICY QUINOA

Rinse the quinoa and place in a pot with the remaining Moroccan Rub. Submerge in 200ml of water, give a gentle stir, and bring to a simmer. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain the quinoa if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. PUMPKIN SEEDS

Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. CHAR T HOSE BRUSSELS

Return the pan to a high heat with a drizzle of oil. When hot, fry the halved brussels sprouts cut-side down for 3-4 minutes until charred. Do this in a single layer for the best results. Remove the pan from the heat and season to taste.

5. DRESSING & QUIRKY QUINOA

To make the dressing, combine the yoghurt and the pomegranate molasses. Season to taste and set aside for serving. When the quinoa is cooked, place in a bowl with half of the chopped apricots and crumble over half of the drained feta. Add the sliced mint, reserving some for garnish, and toss to combine.

6. GET STUCK IN!

Dish up some flavour-packed quinoa, and rinsed green leaves. Top with the roast beetroot and charred brussels sprouts. Drizzle over the yoghurt molasses dressing and garnish with the toasted pumpkin seeds and remaining sliced mint, apricots and feta. Either toss it all together, or serve as is, "bliss bowl" style. Yum!

Nutritional Information

Per Serving

Energy (kj)	2897
Energy (kcal)	693
Protein	27
Carbs	106
of which sugars	27
Fibre	20
Fat	17
of which saturated	6
Salt	2

Cook within: 4 days

Allergens: Dairy Sulphites



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Crowd Pleaser



< 700 cal