



# UCCOOK

## Chilli Charred Cabbage

with lentils & green beans

**Hands-on Time:** 0 minutes

**Overall Time:** 0 minutes

**Veggie:** Serves 3 & 4

**Chef:** Tiisetso Maema

**Wine Pairing:** Delheim Wines | Delheim Gewürztraminer

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 523kJ    | 2716kJ      |
| Energy             | 125kcal  | 650kcal     |
| Protein            | 2.7g     | 14g         |
| Carbs              | 16g      | 83g         |
| of which sugars    | 6.3g     | 32.6g       |
| Fibre              | 2.5g     | 12.9g       |
| Fat                | 5.6g     | 29.3g       |
| of which saturated | 0.5g     | 2.6g        |
| Sodium             | 268mg    | 1393mg      |

**Allergens:** Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

|          |            |                                                                                                         |
|----------|------------|---------------------------------------------------------------------------------------------------------|
| Serves 3 | [Serves 4] |                                                                                                         |
| 300g     | 400g       | Cabbage<br><i>rinse &amp; cut into wedges</i>                                                           |
| 360g     | 480g       | Tinned Lentils<br><i>drain</i>                                                                          |
| 600g     | 800g       | Potato<br><i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>                                |
| 125ml    | 160ml      | Mayo                                                                                                    |
| 90ml     | 120ml      | Vinegar and Sweet Soy Mix<br><i>(15ml [20ml] White Wine Vinegar, 75ml [100ml] Sweet Indo Soy Sauce)</i> |
| 15ml     | 20ml       | Dried Chilli Flakes                                                                                     |
| 15g      | 20g        | Crispy Onion Bits                                                                                       |
| 300g     | 400g       | Green Beans<br><i>rinse &amp; trim</i>                                                                  |
| 3        | 4          | Garlic Cloves<br><i>peel &amp; grate</i>                                                                |
| 45ml     | 60ml       | Low Sodium Soy Sauce                                                                                    |
| 7.5ml    | 10ml       | White Sesame Seeds                                                                                      |
| 30g      | 40g        | Almonds                                                                                                 |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Plant-based Butter (optional)

**1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the cabbage on a roasting tray. Coat in oil and season. Add in the lentils and roast in the hot oven until slightly crispy, 25-30 minutes (shifting halfway).

**2. MAKE THE MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 25-30 minutes. Drain and return to the pot. Add a knob of plant-based butter (optional). Mash with a fork, season, and cover.

**3. FOR THE UMAMI** In a bowl, combine the mayo, vinegar and sweet soy mix, dried chilli flakes, crispy onion bits, seasoning and set aside.

**4. SOY-GOOD GREEN BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, add the garlic and soy sauce. Remove from the pan, season and cover.

**5. BOWL 'EM OVER** Bowl up the mash potatoes, top with the roasted cabbage wedges. drizzle over the chilli mayo sauce, and top with crispy lentils and sesame seeds. Plate the green beans on the side and sprinkle with almond flakes. Enjoy, Chef!