



UCCOOK

Butternut & Ancient Grain Salad

with roasted onion wedges & toasted almonds

A simple yet divine dinner awaits - roasted butternut and onion wedges jumbled in ancient grains, sun-dried tomatoes, almonds and feta. A squeeze of lemon juice and a sprinkle of coriander, it's a winner!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Thea Richter

 Vegetarian

 No paired wines

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Ingredients & Prep

| | |
|-------|---|
| 500g | Butternut <i>cut into bite-sized chunks</i> |
| 1 | Red Onion <i>peeled & cut into wedges</i> |
| 180ml | Ancient Grain Mix <i>(60ml Red Rice, 60ml Pearled Barely & 60ml Spelt)</i> |
| 20g | Almonds |
| 10ml | Red Wine Vinegar |
| 1 | Lemon <i>zested & cut into wedges</i> |
| 8g | Fresh Coriander <i>rinsed, picked & roughly chopped</i> |
| 50g | Sun-dried Tomatoes <i>drained & roughly chopped</i> |
| 80g | Green Leaves <i>rinsed</i> |
| 100g | Danish-style Feta <i>drained</i> |

From Your Kitchen

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

1. ROAST VEG Preheat the oven to 200°C. Place the butternut chunks and the onion wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. ANCIENT GRAIN MIX Place the ancient grain mix in a pot with 400ml of salted water and bring to a boil. Once boiling, reduce the heat. Allow to simmer for 25-30 minutes, stirring occasionally as the water is absorbed and adding more only if required. Drain if necessary and season to taste.

3. ALMOND TIME Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

4. MIX IT UP When the veg is finished roasting, place the red wine vinegar, 20ml of a sweetener of choice and 20ml of olive oil in a salad bowl. Mix until the sweetener is fully dissolved. Add the cooked ancient grains, some lemon zest, ½ the chopped almonds, ½ the chopped coriander, ½ the chopped sun-dried tomatoes, the green leaves and the roasted veg. Toss until fully combined.

5. ENJOY YOURSELF! Serve up a heaped helping of the butternut and ancient grain salad. Crumble over the feta and sprinkle over the remaining sun-dried tomatoes, coriander and almonds. Squeeze over a generous squeeze of lemon juice and serve with any remaining wedges.



Chef's Tip

To make sure your butternut and onion do get crispy, spread them out with a little space between each piece and don't overcrowd the tray!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 572kJ |
| Energy | 137Kcal |
| Protein | 4.7g |
| Carbs | 19g |
| of which sugars | 3.4g |
| Fibre | 4.3g |
| Fat | 4.6g |
| of which saturated | 1.9g |
| Sodium | 111mg |

Allergens

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

Cook
within
4 Days