

# UCOOK

## Roast Veggie & Couscous Salad

**with crunchy sunflower seeds & crumbled feta**

A quick and easy salad number! Fluffy couscous tossed with roasted onions, beetroot and butternut. Loaded with fresh cucumber, tomatoes and black beans. Finished off with a crumble of creamy feta and a sprinkle of sunflower seeds for crunch.

---

**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

---

**Serves:** 3 People


---

**Chef:** Kate Gomba

---

 Vegetarian

---

 Robertson Winery | Sauvignon Blanc

---

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



## Ingredients & Prep

|       |  |
|-------|--|
| 300g  | Butternut Chunks<br><i>cut into bite-sized pieces</i>                          |
| 2     | Onions<br><i>1½ cut into wedges</i>  |
| 300g  | Beetroot Chunks<br><i>cut into bite-sized chunks</i>                           |
| 30g   | Sunflower Seeds  |
| 225ml | Whole Wheat Couscous   |
| 90ml  | Creamy Dressing<br><i>(45ml That Mayo (Vegan) &amp; 45ml Balsamic Vinegar)</i> |
| 150g  | Cucumber<br><i>diced</i>   |
| 2     | Tomatoes<br><i>1½ diced</i>  |
| 180g  | Black Beans<br><i>drained &amp; rinsed</i>                                     |
| 60g   | Salad Leaves<br><i>rinsed</i>  |
| 150g  | Danish-style Feta<br><i>drained</i>  |

## From Your Kitchen

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

**1. ROASTED VEG** Preheat the oven to 200°C. Place the butternut pieces, the onion wedges and the beetroot chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and starting to caramelise.

**2. TOAST THE SEEDS & MAKE THE COUSCOUS** Boil the kettle. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion. Using a shallow bowl, submerge the couscous in 375ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

**3. FINAL TOUCHES** In a bowl, combine the creamy dressing with 30ml of a sweetener of choice. Loosen with water in 5ml increments until a drizzling consistency. In a salad bowl, add the cooked couscous, the roasted veg, the diced cucumber, the diced tomato, the drained black beans, the rinsed salad leaves, seasoning and a drizzle of olive oil. Toss until fully combined.

**4. SCRUMPTIOUS SALAD!** DIY time! Dish up the loaded couscous salad, drizzle over the creamy dressing, and crumble over the feta. Garnish with a sprinkle of sunflower seeds. Beautiful work, Chef!



## Chef's Tip

To make sure your veg does get crispy, spread it out with a little space between each piece. Don't overcrowd the tray – rather use two trays if necessary.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 501kj   |
| Energy             | 120Kcal |
| Protein            | 4.8g    |
| Carbs              | 14g     |
| of which sugars    | 2.6g    |
| Fibre              | 2.4g    |
| Fat                | 3.9g    |
| of which saturated | 1.7g    |
| Sodium             | 143mg   |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Soy

Cook  
within 2  
Days