



# WCOOK

## Miso Mayo & Charred Vegetables

with toasted cashew nuts, buckwheat & crispy onions

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Waterkloof | Beeskamp Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	473kJ	3787kJ
Energy	113kcal	905kcal
Protein	3.3g	26.3g
Carbs	15g	120g
of which sugars	3.8g	30g
Fibre	3.2g	25.9g
Fat	4.3g	34.7g
of which saturated	0.5g	4.1g
Sodium	111mg	888mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
1	1	Onion <i>peel &amp; cut into thick wedges</i>
75ml	150ml	Buckwheat
200g	400g	Cauliflower Florets <i>cut into bite-sized pieces</i>
60g	120g	Chickpeas <i>drain &amp; rinse</i>
20g	40g	Cashew Nuts
60ml	120ml	Miso Mayo <i>(35ml [70ml] Mayo, 15ml [30ml] Miso Paste &amp; 10ml [20ml] Lime Juice)</i>
5g	10g	Crispy Onion Bits
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. ROAST WITH THE MOST** Preheat the oven to 200°C. Spread the carrot and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. WONDERFUL WHEAT** Place the buckwheat in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes. Drain and cover.

**3. CRISPY CAULI** Coat the cauliflower and chickpeas in oil and season. When the roast has 10-15 minutes to go, scatter over the cauliflower, and roast for the remaining time.

**4. INTO THE PAN** Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. MMMISO MAYO** Just before serving, combine the buckwheat, the roast veggies, and a drizzle of olive oil. Loosen the miso mayo with water in 5ml increments until a drizzling consistency.

**6. ALL TOGETHER NOW** Make a bed of the loaded buckwheat, drizzle over the miso mayo, and sprinkle over the nuts, crispy onions, and chives. Enjoy, Chef!