



UCOOK

Moroccan Moonshine Bowl

with red rice, roast butternut, pecans & coconut yogurt

Indulge in the opulence of red rice topped with a luxurious roast: butternut coated in a fragrant rub, crispy butter beans, and molasses-glazed beetroot. All bejewelled with crunchy pecans and dried apricots.


Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Fatima Ellemdeen

 Vegetarian

 Anthonij Rupert | L'Ormarins Brut Rosè
Vintage

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Ingredients & Prep

225ml	Red Rice
450g	Beetroot <i>rinsed, trimmed & cut into bite-sized chunks</i>
30ml	Pomegranate Molasses
750g	Butternut <i>deseeded, peeled (optional) & cut into bite-sized chunks</i>
180g	Butter Beans <i>drained & rinsed</i>
30ml	NOMU Moroccan Rub
22,5g	Pecan Nuts
150ml	Coconut Yoghurt
8g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
60g	Green Leaves <i>rinsed</i>
60g	Dried Apricots <i>roughly chopped</i>

From Your Kitchen

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

1. BOUNCY RED RICE Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium heat. Submerge in 600ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. On completion, the rice should be cooked but still bouncy. If it starts to dry out during the cooking process, add more water in small increments. Remove from the heat on completion and drain if necessary. Cover with the lid.

2. DRESS TO IMPRESS Spread out the beetroot chunks on a roasting tray. Coat in oil, ½ of the pomegranate molasses, and some seasoning. Place the butternut pieces and drained butter beans on a separate roasting tray. Coat in oil, the Moroccan rub, and a little seasoning. Spread out in a single layer and roast in the hot oven for 35-40 minutes until cooked through and crisp, shifting halfway.

3. TOAST THOSE NUTS Place the pecan nuts in a pan over a medium heat. Toast for 5-6 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop.

4. MINTY YOGHURT DRESSING In a bowl, combine the coconut yoghurt, ½ of the chopped mint, and 20-25ml of olive oil. Mix in the remaining pomegranate molasses (to taste) and season. Toss a drizzle of olive oil and some seasoning through the rinsed green leaves.

5. GRAB A BOWL! Dish up a base of steamy red rice. Cover in the fragrant veg and sweet beets. Top with the dressed leaves and dollop over the dairy-free dressing. Garnish with the chopped pecans, remaining mint, and chopped dried apricots. Have a seat, Chef...

Nutritional Information

Per 100g

Energy	464kJ
Energy	111Kcal
Protein	2.7g
Carbs	20g
of which sugars	4.8g
Fibre	3.7g
Fat	1.7g
of which saturated	0.5g
Sodium	142mg

Allergens

Sulphites, Tree Nuts

Cook
within
4 Days