



UCOOK

Hot 'n Tangy Pumpkin Salad

with charred black beans, crispy onions & zingy dressing

Peak your sunshine-filled week with this hearty rice salad! Laced with crisp black beans, smoky roast pumpkin, peas, baby tomatoes, and pumpkin seeds, it's bound to bring a smile. Tying it together; a dressing of sweet chilli sauce, lime, and fresh chilli. Yummy yum!

Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Lauren Todd

 Vegetarian

 Haute Cabrière | von Arnim Family Reserve

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Ingredients & Prep

800g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
40ml	NOMU Spanish Rub
480g	Black Beans <i>drained & rinsed</i>
300ml	Brown Basmati Rice
40g	Pumpkin Seeds
100ml	Thai Sweet Chilli Sauce
40ml	Coconut Sugar
2	Lemons <i>cut into wedges</i>
2	Fresh Chillies <i>deseeded & finely chopped</i>
320g	Baby Tomatoes <i>halved</i>
200g	Peas
80g	Green Leaves <i>rinsed</i>
60ml	Crispy Onions

From Your Kitchen

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

1. ROASTIN' PUMPKIN Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray. Coat in oil, the Spanish Rub to taste, and seasoning. Roast in the hot oven for 35-40 minutes until cooked through and crisping up. Place the drained black beans on a separate roasting tray, coat in oil, and season. Spread out in a single layer and set aside.

2. GET THE RICE GOING Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. Drain on completion if necessary and fluff up with a fork.

3. SEEDS, PEAS & TOMATOES Boil the kettle. Place the seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool. In a salad bowl, combine the sweet chilli sauce with 2 tbsp of oil. Mix in the coconut sugar, some lemon juice, and chopped chilli to taste. Toss through the halved baby tomatoes, season to taste, and set aside to marinate. Submerge the peas in boiling water for 2-3 minutes until heated through. Drain on completion and set aside.

4. HALFWAY, HOORAY! When the pumpkin reaches the halfway mark, give it a shift and return to the oven. Pop in the tray of beans and cook for the remaining roasting time. On completion, the beans should be crisping up and the pumpkin should be cooked through and caramelised.

5. ASSEMBLE THE RICE SALAD When the roast veg and rice have finished cooking, place in a large bowl with the peas and the marinated tomatoes. Toss through the chilli-lemon dressing from the tomato bowl to taste. In a separate bowl, toss the rinsed green leaves with some lemon juice and seasoning to taste.

6. A COLOUR & FLAVOUR BURST! Make a bed of moreish rice salad and scatter with the dressed leaves. Finish with flecks of toasted pumpkin seeds, sprinkles of crispy onions, and any remaining lemon wedges. Wonderful work, Chef!

Nutritional Information

Per 100g

Energy	489kJ
Energy	117Kcal
Protein	4g
Carbs	22g
of which sugars	4.2g
Fibre	4.4g
Fat	1.8g
of which saturated	0.5g
Sodium	184mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 2
Days