



UCOOK

Charred Mushroom Kebabs

with crispy lentils & savoury rice

En guard, Chef! Grab some skewers and let's make some charred mushroom, tomato & onion kebabs today. These will share a plate with lentil-loaded savoury rice, infused with a special UCOOK seasoning, sweet dates and generous dollops of creamy raita.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

Veggie

Painted Wolf Wines | The Pack Blacktip
Mourvèdre 2020

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Ingredients & Prep

2	Onions <i>peel, cut ½ into bite-sized pieces & finely dice ½</i>
40ml	Rice Seasoning <i>(20ml Ground Turmeric & 20ml NOMU Garam Masala Rub)</i>
400ml	White Basmati Rice <i>rinse</i>
240g	Tinned Lentils <i>drain & rinse</i>
500g	Button Mushrooms <i>wipe clean</i>
320g	Baby Tomatoes <i>rinse</i>
2	Garlic Cloves <i>peel & grate</i>
40ml	NOMU One For All Rub
12	Wooden Skewers
40g	Pitted Dates <i>roughly chop</i>
125ml	Raita

From Your Kitchen

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

1. RICE Place a pot over medium-high heat with a drizzle of oil. When hot, fry the diced onions until soft, 4-5 minutes. Add the rice seasoning and fry until fragrant, 1-2 minutes. Add the rinsed rice to the pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CRISPY LENTILS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 8-10 minutes (shifting occasionally). Remove from the pan and season.

3. KEBABS In a bowl, combine the mushrooms, the rinsed tomatoes, the onion pieces, the grated garlic, the NOMU rub, a drizzle of oil, and seasoning. Thread the mushrooms, tomatoes, and onions onto the skewers, until all the ingredients are used.

4. GRILLED KEBABS Place a grill pan or return the pan to medium-high heat. When hot, grill the skewers until lightly charred and cooked through, 6-8 minutes, turning occasionally to ensure even cooking.

5. JUST BEFORE SERVING When the rice is done, mix in the crispy lentils.

6. DINNER IS READY Make a bed of the rice, top with the charred mushroom skewers, and scatter over the chopped dates. Dollop over the raita. Well done, Chef!



Chef's Tip

Preheat a grill to medium-high heat. Place the skewers on the grill. Cook for about 5-7 minutes, turning frequently to ensure even cooking and to develop a nice char. The mushrooms should be tender and slightly browned.

Nutritional Information

Per 100g

Energy	505kJ
Energy	121kcal
Protein	5.2g
Carbs	24g
of which sugars	3.5g
Fibre	3.8g
Fat	0.5g
of which saturated	0.1g
Sodium	86mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days