



UCCOOK

Hot 'n Tangy Butternut Salad

with charred black beans, crispy onions & zingy dressing

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	499kJ	3332kJ
Energy	119kcal	796kcal
Protein	3.8g	25.1g
Carbs	21g	144g
of which sugars	4.9g	32.4g
Fibre	3.7g	24.8g
Fat	1.3g	8.8g
of which saturated	0.3g	2.1g
Sodium	187mg	1250mg

Allergens: Gluten, Allium, Wheat

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	NOMU Spanish Rub
10g	20g	Pumpkin Seeds
120g	240g	Black Beans <i>drain & rinse</i>
75ml	150ml	Brown Basmati Rice <i>rinse</i>
25ml	50ml	Thai Sweet Chilli Sauce
10ml	20ml	Coconut Sugar
10ml	20ml	Lemon Juice
1	1	Fresh Chilli <i>rinse & finely chop</i>
80g	160g	Baby Tomatoes <i>rinse & cut into quarters</i>
50g	100g	Peas
20g	40g	Green Leaves <i>rinse</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. ROASTIN' BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, the NOMU rub and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SEEDS & DRESSED BEANS Boil the kettle. Place the seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Place the black beans in a bowl, coat in oil and seasoning, and set aside.

3. GET THE RICE GOING Place the rice in a pot with 225ml [450ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

4. PEAS & TOMATOES In a salad bowl, combine the sweet chilli sauce with 2 [3] tsp of olive oil. Mix in the coconut sugar, ½ the lemon juice (to taste), and the chilli (to taste). Toss through the tomatoes, season, and set aside to marinate. Submerge the peas in boiling water for 2-3 minutes until heated through. Drain and set aside.

5. HALFWAY, HOORAY! When the butternut reaches the halfway mark, remove from the oven and scatter over the beans and return to the oven for the remaining time.

6. ASSEMBLE THE RICE SALAD Place the rice and roasted veg into a large bowl and toss through the peas, the tomatoes, and the tomato marinade dressing (to taste). In a separate bowl, toss the green leaves with the remaining lemon juice and seasoning.

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