



UCCOOK

Chilli Charred Cabbage

with lentils & green beans

Hands-on Time: 0 minutes

Overall Time: 0 minutes

Veggie: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

Nutritional Info	Per 100g	Per Portion
Energy	523kJ	2716kJ
Energy	125kcal	650kcal
Protein	2.7g	14g
Carbs	16g	83g
of which sugars	6.3g	32.6g
Fibre	2.5g	12.9g
Fat	5.6g	29.3g
of which saturated	0.5g	2.6g
Sodium	268mg	1393mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
100g	200g	Cabbage <i>rinse & cut into wedges</i>
120g	240g	Tinned Lentils <i>drain</i>
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
40ml	80ml	Mayo
30ml	60ml	Vinegar and Sweet Soy Mix <i>(5ml [10ml] White Wine Vinegar, 25ml [50ml] Sweet Indo Soy Sauce)</i>
5ml	10ml	Dried Chilli Flakes
5g	10g	Crispy Onion Bits
100g	200g	Green Beans <i>rinse & trim</i>
1	2	Garlic Clove/s <i>peel & grate</i>
15ml	30ml	Low Sodium Soy Sauce
2.5ml	5ml	White Sesame Seeds
10g	20g	Almonds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Plant-based Butter (optional)

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the cabbage on a roasting tray. Coat in oil and season. Add in the lentils and roast in the hot oven until slightly crispy, 25-30 minutes (shifting halfway).

2. MAKE THE MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of plant-based butter (optional). Mash with a fork, season, and cover.

3. FOR THE UMAMI In a bowl, combine the mayo, vinegar and sweet soy mix, dried chilli flakes, crispy onion bits, seasoning and set aside.

4. SOY-GOOD GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, add the garlic and soy sauce. Remove from the pan, season and cover.

5. BOWL 'EM OVER Bowl up the mash potatoes, top with the roasted cabbage wedges. drizzle over the chilli mayo sauce, and top with crispy lentils and sesame seeds. Plate the green beans on the side and sprinkle with almond flakes. Enjoy, Chef!