



UCCOOK

Sticky Glazed Beetroot & Cottage Cheese

with quinoa, caramelised onion & tahini dressing

Sticky, balsamic-glazed beetroot and generous drops of creamy cottage cheese adorn this wholesome yet indulgent bowl. Quinoa is swirled with caramelised onion, warm black beans, fresh green leaves, and butternut roasted in Provençal herbs.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Stellenzicht | Thunderstone Rosé

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Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
10ml	Balsamic Reduction
1	Butternut Whole <i>rinsed, deseeded, peeled (optional) & cut into bite-sized pieces</i>
10ml	NOMU Provençal Rub
75ml	Quinoa <i>rinsed</i>
10g	Sunflower Seeds
1	Onion <i>½ peeled & finely sliced</i>
60g	Black Beans <i>drained & rinsed</i>
20g	Green Leaves <i>rinsed & roughly shredded</i>
40ml	Tahini Dressing <i>(30ml Tahini & 10ml Honey)</i>
50ml	Low Fat Cottage Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. GLAZED & HERBY VEG Preheat the oven to 200°C. Spread the beetroot pieces on one side of a roasting tray. Coat in oil, the balsamic reduction, and seasoning. Spread the butternut pieces on the other side of the tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes.

2. PEARLY QUINOA Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. TOAST THE SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. CARAMELISED ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Season, remove from the pan, and stir through the cooked quinoa.

5. HALFWAY When the roast veg reaches halfway, shift, scatter over the rinsed black beans, and return to the oven for the remaining roasting time.

6. LEAVES & TAHINI DRESSING In a salad bowl, toss the shredded green leaves with a drizzle of olive oil and seasoning. In a small bowl combine the tahini dressing with 1 tsp of olive oil and seasoning. Loosen with warm water in 5ml increments until drizzling consistency.

7. WHAT A TASTE BUD TREAT! Dish up a heap of caramelised onion quinoa and top with the dressed green leaves. Pile on the colourful roast veg & beans, and sprinkle over the toasted sunflower seeds. To finish off, dollop over the cottage cheese and generously drizzle with the tahini dressing. It's supper time, Chef!



Chef's Tip

Caramelised onions reach their full potential when sliced finely & cooked slowly. If you have the time, fry your onions over a low heat and add on 10-15 minutes cooking time!

Nutritional Information

Per 100g

Energy	500kj
Energy	120kcal
Protein	4.6g
Carbs	17g
of which sugars	4.4g
Fibre	3.1g
Fat	3.6g
of which saturated	0.6g
Sodium	123mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within 2
Days