

# UCOOK

## Fiery Paprika Butternut & Kale Bowl

with bell pepper & fresh lemon

A special UCOOK paprika seasoning is used to spice things up in the kitchen today. Sprinkled over butternut, onion & kale and roasted until golden, then served with zesty kidney beans coated in a tahini-mustard dressing. Garnished with pickled jalapeños.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Suné van Zyl

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Veggie

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Laborie Estate | Laborie Rosé

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## Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel (optional) &amp; cut into half-moons</i>
1	Onion <i>peel &amp; cut ½ into thin wedges</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into bite-sized pieces</i>
15ml	Paprika Seasoning <i>(5ml Ground Paprika, 5ml Dried Chilli Flakes &amp; 5ml Greek Salt)</i>
50g	Kale <i>rinse</i>
25ml	Tahini-mustard Dressing <i>(20ml Tahini &amp; 5ml Dijon Mustard)</i>
1	Lemon <i>rinse &amp; cut ½ into wedges</i>
120g	Kidney Beans <i>drain &amp; rinse</i>
10g	Sliced Pickled Jalapeños <i>drain</i>
80g	Baby Tomatoes <i>rinse &amp; halve</i>

## From Your Kitchen

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

**1. PERFECT PAPRIKA VEGGIES** Preheat the oven to 200°C. Spread the butternut half-moons and the onion wedges on a roasting tray. Coat in oil and the paprika seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. ROAST PEPPERS** In a bowl, combine the pepper pieces with a drizzle of oil, and seasoning. When the roast has 10-15 minutes remaining, scatter the peppers over, and roast for the remaining time until slightly charred but still crunchy.

**3. DRESSED KALE** Place the shredded kale in a bowl with a drizzle of oil, and seasoning. Using your hands, gently massage until softened and coated. When the mixed veg has 8-10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

**4. TASTY TAHINI DRESSING** In a bowl, combine the tahini-mustard dressing and a generous squeeze of lemon juice. Loosen with a splash of warm water in 5ml increments until drizzling consistency and season. In a separate bowl, add the rinsed beans and a squeeze of lemon juice (to taste). Toss to combine and season.

**5. BEAN THERE, EATEN THAT** Plate up the roast veg. Scatter over the lemony beans, the drained jalapeños (to taste), and the halved tomatoes. Drizzle over the dressing and serve any remaining lemon wedges on the side.

## Nutritional Information

Per 100g

Energy	213kj
Energy	51kcal
Protein	1.7g
Carbs	8g
of which sugars	2.5g
Fibre	2.4g
Fat	1.5g
of which saturated	0.2g
Sodium	193mg

## Allergens

Allium, Sesame, Sulphites

Eat  
Within  
4 Days