



UCOOK

Rainbow Roasted Buddha Bowl

with fresh coriander, sesame seeds & pesto dressing

A veggie feast for the eyes and the taste buds! With beautiful colours and balanced flavours, this Buddha bowl starts with a layer of black rice. Topped with roasted veggies, crispy kale, pickled radish rounds, slices of green, creamy avo, a drizzle of red pepper pesto, and a sprinkle of white sesame seeds.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Morgan Nell

 Veggie

 Creation Wines | Creation Viognier Roussanne 2020

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Ingredients & Prep

75ml	Black Rice
200g	Cauliflower Florets <i>cut into bite-sized chunks</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
10ml	NOMU Oriental Rub
50g	Kale <i> rinsed & roughly shredded</i>
20g	Cashew Nuts
10ml	Red Wine Vinegar
20g	Radish <i> rinsed & sliced into rounds</i>
1	Avocado
30ml	Red Pepper Pesto
4g	Fresh Coriander <i> rinsed, picked & roughly chopped</i>
10ml	White Sesame Seeds

From Your Kitchen

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

1. RICE RICE BABY Preheat the oven to 200°C. Rinse the rice and place in a pot with 300ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. It should be tender but still bouncy. Remove from the heat and drain if necessary. Cover with the lid and set aside until serving.

2. COAT THE CAULI Spread out the cauliflower chunks and the onion wedges on a roasting tray. Coat in oil, the rub, and season. Roast in the hot oven for 20-25 minutes until cooked through, shifting halfway.

3. PAMPER THOSE VEGGIES Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. Set aside.

4. SOMETHING TO CASHEW ON Place the cashews in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan and roughly chop.

5. IN A PICKLE & VINAIGRETTE In a bowl, combine the vinegar, 5ml of a sweetener of choice and add water in 5ml increments until drizzling consistency. Add the radish rounds and set aside to pickle.

6. CRISP IT UP When the roast reaches the halfway mark, give them a shift and scatter over the massaged kale. Return to the oven and cook for the remaining time until crispy.

7. HALLO AVO Halve the avocado and set aside the half containing the pip for another meal. Peel off the skin, and slice the flesh of the remaining half. Season and set aside. Drain and reserve the pickling liquid from the radish. Loosen the pesto with the pickling liquid until drizzling consistency.

8. TIME TO DINE Plate up the black rice. Top with the roasted veg, the crispy kale, the pickled radish, the avocado slices, and the chopped coriander. Drizzle over the pesto dressing and sprinkle over the sesame seeds and toasted cashew nuts. Get munching, Chef!



Chef's Tip

If you would like to toast your sesame seeds, place them in a pan over a medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside to cool.

Nutritional Information

Per 100g

Energy	548kj
Energy	131kcal
Protein	3.4g
Carbs	15g
of which sugars	2.3g
Fibre	4.5g
Fat	6.2g
of which saturated	1g
Sodium	136mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days