



UCCOOK

Honeyed Beetroot & Hazelnut Carrots

with fresh mint & ricotta cheese

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	438kJ	3073kJ
Energy	105kcal	735kcal
Protein	3.4g	24g
Carbs	18g	128g
of which sugars	7.3g	51.1g
Fibre	3.1g	21.5g
Fat	2.8g	19.6g
of which saturated	0.8g	5.7g
Sodium	103mg	721mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30ml	40ml	NOMU Italian Rub
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
30g	40g	Hazelnuts <i>roughly chop</i>
90ml	125ml	Honey
225ml	300ml	Quinoa <i>rinse</i>
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>
100g	100g	Ricotta Cheese
45ml	60ml	Lemon Juice
150g	200g	Cucumber <i>rinse & cut into half-moons</i>
60g	80g	Green Leaves <i>rinse</i>

From Your Kitchen

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

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). When the roast has been in for 10 minutes, add the carrot to the tray and return to the oven. In the final 5 minutes, scatter over the hazelnuts and drizzle with honey. Toss together and return to the oven for the remaining time.

2. KEEN ON QUINOA Place the quinoa in a pot with 450ml [600ml] 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. GREENS & CHEESE When the quinoa is cooked, toss through ½ the mint, ½ the ricotta, the lemon juice (to taste), the cucumber, the green leaves, a drizzle of olive oil, and seasoning. Set aside.

4. DELISH! Plate up a bed of the loaded quinoa and top with the roasted nutty veg. Crumble over the remaining ricotta and garnish with the remaining mint.