



U COOK

— COOKING MADE EASY

WINTER PUMPKIN- PARADISE

with giant couscous, pistachios & tahini dressing

Giant couscous is fast becoming the trendy new kid on the block in fusion cooking. Here, its uniquely nutty flavour blends stylishly with caramelised baby onions and pumpkin, tahini, and honey. Cosy veggie luxury!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

500g	Pumpkin Chunks <i>cut into bite-size pieces</i>
4	Baby Onions <i>peeled & halved</i>
120g	Lentils <i>drained & rinsed</i>
150ml	Giant Couscous
20g	Pistachio Nuts
30ml	Tahini
20ml	Honey
5g	Fresh Mint <i>rinsed, picked & finely sliced</i>
100g	Julienne Beetroot
40g	Radish <i>thinly sliced into rounds</i>
80g	Danish Feta <i>drained</i>
80ml	Hummus

From Your Kitchen

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

1. PERKY PUMPKIN & BABY ONIONS Preheat the oven to 200°C. Spread out the pumpkin pieces and the halved baby onions on a roasting tray. Coat in oil, season, and turn the baby onions cut-side down. Roast in the hot oven for 30-35 minutes until cooked through and crisping up. Place the drained lentils on a separate roasting tray. Coat in oil, season, and spread out in a single layer. When the pumpkin and onions are halfway, give them a shift and return to the oven. Place the tray of lentils in the oven above the pumpkin and roast for 15-20 minutes until nice and crispy.

2. GIANT GOODNESS Rinse the giant couscous. Place in a pot with 450ml of salted water and bring to the boil. Once boiling, reduce the heat. Allow to simmer for 10-15 minutes, stirring occasionally as the water is absorbed. Only add more water if required during the cooking process. On completion, the couscous should be al dente. Drain if necessary and season to taste.

3. TOAST THE PISTACHIOS Place the pistachios in a pan over a medium heat. Toast for 3-5 minutes until they begin to turn light brown. Remove from the pan on completion and set aside to cool.

4. TANTALISING TAHINI In a bowl, combine the tahini with the honey to taste. If the honey is too hard to mix, pop it in the microwave for 5-10 seconds before combining with the tahini. Stir in lukewarm water in 5ml increments until drizzling consistency. Season to taste and set aside for serving.

5. ALMOST THERE When the couscous is cooked, toss through a drizzle of oil and three quarters of the sliced mint.

6. TUCK IN Make a bed of minty couscous. Cover with the caramelised roast veggies, crispy lentils, and julienne beetroot. Scatter over the radish rounds, toasted pistachios, and remaining fresh mint. Add a drizzle of tahini dressing and finish off with a hearty dollop of hummus and a crumble of drained feta. Scrumptious, Chef!



Chef's Tip

Lentils are a powerhouse of macro- and micro-nutrients: a perfect plant-based protein source! They're also high in protein, fiber, and iron.

Nutritional Information

Per 100g

Energy	601kj
Energy	144Kcal
Protein	6g
Carbs	21g
of which sugars	6g
Fibre	4g
Fat	4g
of which saturated	1g
Salt	0g

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Tree Nuts

Cook
within 1
Day