



U C O O K

— COOKING MADE EASY

BLACK RICE BUDDHA BOWL

with roast beets, hazelnuts & a cashew nut yoghurt dressing

In Ancient China, black rice was called 'forbidden rice' as only the upper class were allowed to eat it. Indulge in its nutty flavour alongside a roast of Moroccan-spiced cauliflower, crispy chickpeas, and molasses-coated beetroot – bejewelled with crunchy hazelnuts and dried apricots.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen

 **Vegetarian**

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Ingredients & Prep

75ml	Black Rice
150g	Beetroot <i>rinsed, trimmed & cut into bite-size chunks</i>
15ml	Pomegranate Molasses
150g	Cauliflower Florets <i>cut into bite-size pieces</i>
60g	Chickpeas <i>drained & rinsed</i>
5ml	NOMU Moroccan Rub
15g	Blanched Hazelnuts
50ml	Cashew Nut Yoghurt
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
20g	Dried Apricots <i>roughly chopped</i>

From Your Kitchen

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

1. BOUNCY BLACK RICE Preheat the oven to 200°C. Rinse the black rice and place in a pot over a medium heat. Submerge in 400ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer with the lid on for 30-35 minutes until the water has been absorbed. On completion, the rice should be cooked but still bouncy. If it starts to dry out during the cooking process, add more water in small increments. Remove from the heat on completion and drain if necessary. Cover with the lid and set aside until serving.

2. ROAST VEGGIES Place the beetroot chunks on one side of a roasting tray. Coat in oil, half of the pomegranate molasses, and some seasoning. Place the drained chickpeas and cauliflower pieces on the other side of the roasting tray. Coat in oil, the Moroccan Rub to taste, and some seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crispy, shifting halfway.

3. TOAST THE HAZELNUTS Place the hazelnuts in a pan over a medium heat. Toast for 5-6 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

4. MINTY YOGHURT DRESSING Place the cashew nut yoghurt and chopped mint in a bowl. Mix in 10ml of olive oil, some seasoning, and the remaining half of the pomegranate molasses (to taste). Toss the rinsed green leaves with a drizzle of olive oil and season to taste. Set the dressing and the leaves aside until serving.

5. GRAB A BOWL! Dish up a base of steamy black rice in a bowl. Cover in the Moroccan-spiced veggies and the sweet beets. Top with the dressed leaves and drizzle over the dairy-free dressing. Garnish with the toasted hazelnuts and the chopped, dried apricots. Have a seat, Chef!



Chef's Tip

Black rice takes quite a while to cook, so check on it occasionally to see that the water hasn't run dry before the rice is cooked. You don't want a burnt pot!

Nutritional Information

Per 100g

Energy	486kj
Energy	116Kcal
Protein	3.7g
Carbs	21g
of which sugars	4.8g
Fibre	4.4g
Fat	2.4g
of which saturated	0.3g
Sodium	99mg

Allergens

Sulphites, Tree Nuts

Cook
within 3
Days