



UCOOK

Roast Veggie & Couscous Salad

with crunchy sunflower seeds & crumbled feta

A quick and easy salad number! Fluffy couscous tossed with roasted onions, beetroot and butternut. Loaded with fresh cucumber, tomatoes and black beans. Finished off with a crumble of creamy feta and a sprinkle of sunflower seeds for crunch.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Vegetarian

 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

200g	Butternut Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>cut into wedges</i>
200g	Beetroot Chunks <i>cut into bite-sized chunks</i>
20g	Sunflower Seeds
150ml	Whole Wheat Couscous
60ml	Creamy Dressing <i>(30ml That Mayo (Vegan) & 30ml Balsamic Vinegar)</i>
100g	Cucumber <i>diced</i>
1	Tomato <i>diced</i>
120g	Black Beans <i>drained & rinsed</i>
40g	Salad Leaves <i>rinsed</i>
100g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. ROASTED VEG Preheat the oven to 200°C. Place the butternut pieces, the onion wedges and the beetroot chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and starting to caramelise.

2. TOAST THE SEEDS & MAKE THE COUSCOUS Boil the kettle. Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion. Using a shallow bowl, submerge the couscous in 250ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

3. FINAL TOUCHES In a bowl, combine the creamy dressing with 20ml of a sweetener of choice. Loosen with water in 5ml increments until a drizzling consistency. In a salad bowl, add the cooked couscous, the roasted veg, the diced cucumber, the diced tomato, the drained black beans, the rinsed salad leaves, seasoning and a drizzle of olive oil. Toss until fully combined.

4. SCRUMPTIOUS SALAD! DIY time! Dish up the loaded couscous salad, drizzle over the creamy dressing, and crumble over the feta. Garnish with a sprinkle of sunflower seeds. Beautiful work, Chef!



Chef's Tip

To make sure your veg does get crispy, spread it out with a little space between each piece. Don't overcrowd the tray – rather use two trays if necessary.

Nutritional Information

Per 100g

Energy	501kj
Energy	120Kcal
Protein	4.8g
Carbs	14g
of which sugars	2.6g
Fibre	2.4g
Fat	3.9g
of which saturated	1.7g
Sodium	143mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 2
Days