



UCOOK

Rainbow Roasted Buddha Bowl

with sesame seeds & pesto dressing

A bowl of beautiful flavours, textures, and ingredients! Delve into steamed brown & wild rice, crunchy kale, oven roasted butternut & onion spiced with NOMU Oriental Rub with pickled radish for tangy sharpness. Served with a creamy guac, a garnish of nutty seeds & a Pesto Princess Red Pepper Pesto dressing.

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Megan Bure

Veggie

Muratie Wine Estate | Muratie Isabella
Chardonnay

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Ingredients & Prep

225ml	Brown & Wild Rice <i>rinse</i>
750g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
2	Onions <i>peel & cut into wedges</i>
30ml	NOMU Oriental Rub
30g	Cashew Nuts <i>roughly chop</i>
30ml	White Sesame Seeds
30ml	Red Wine Vinegar
60g	Radish <i>rinse & slice into thin rounds</i>
150g	Kale <i>rinse & roughly shred</i>
90ml	Pesto Princess Red Pepper Pesto
2 units	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. READY THE RICE Preheat the oven to 200°C. Place the rinsed rice in a pot with 900ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 30-35 minutes. Drain (if necessary) and cover.

2. ROASTED VEG Spread the butternut pieces and onion wedges on a roasting tray. Coat in oil, the NOMU rub and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. FANCY GARNISH Place the chopped cashews and sesame seeds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. PICKLED RADISH In a bowl, combine the vinegar, 15ml of sweetener, a splash of water, and seasoning. Toss through the radish rounds and set aside to pickle.

5. CRISPY KALE Place the shredded kale in a bowl with a drizzle of olive oil and seasoning. Using your hands, massage until softened and coated. When the roast has 10 minutes remaining, give the tray a shift and return to the oven. Pop in the tray of dressed kale and roast for the remaining time.

6. PESTO DRIZZLE Drain and reserve the pickling liquid from the radish. Loosen the pesto with the pickling liquid and a drizzle of oil until drizzling consistency. Season and set aside.

7. BOWL 'EM OVER Serve it up buddha bowl style: Make a bed of the black rice. Top with the roasted veg & crispy kale, and the pickled radish. Serve the guacamole alongside. Drizzle with the pesto dressing and garnish with the toasted nut & seed mix.

Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	3.2g
Carbs	15g
of which sugars	2.5g
Fibre	3.7g
Fat	4.7g
of which saturated	0.4g
Sodium	170mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Eat
Within
4 Days