



UCOOK

Crunchy Peanut & Toasted Quinoa Salad

with edamame beans, cabbage & roasted pumpkin

It's quinoa - two ways! Fluffy quinoa is loaded with roasted pumpkin, crispy edamame beans, crunchy mixed nuts, with cabbage & carrot. Drizzled with a creamy sweet-soy dressing, and garnished with fresh coriander and crispy, pan-fried quinoa for double the crunch and deliciousness.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

Veggie

Strandveld | Adamastor White Blend

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Ingredients & Prep

| | |
|------|---|
| 200g | Pumpkin Chunks <i>cut into bite-sized pieces</i> |
| 10ml | NOMU Oriental Rub |
| 75ml | Quinoa <i>rinse</i> |
| 100g | Edamame Beans |
| 20g | Mixed Nuts <i>(10g Cashew Nuts & 10g Peanuts)</i> |
| 10g | Fresh Ginger <i>peel & grate</i> |
| 30ml | Sweet Soy Dressing <i>(15ml Sweet Indo Soy Sauce, 10ml Rice Wine Vinegar & 5ml Sesame Oil)</i> |
| 30ml | ButtaNutt Coconut Yoghurt |
| 100g | Cabbage <i>rinse & thinly slice</i> |
| 120g | Carrot <i>rinse, trim, peel & grate</i> |
| 3g | Fresh Coriander <i>rinse & pick</i> |

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the pumpkin pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. QUINOA Place the rinsed quinoa in a pot with 150ml 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. TOAST Roughly chop the mixed nuts. Place the chopped nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. DRESSING Return the pan to medium heat with a drizzle of oil. When hot, fry the grated ginger until fragrant, 30-60 seconds. Mix in the sweet soy dressing and remove from the pan. Set aside to cool before mixing with the yoghurt. In a small bowl, combine the dressing, and the coconut yoghurt.

5. CRISPY QUINOA Return the pan to medium heat with a drizzle of oil. When hot, fry ½ of the cooked quinoa until crispy, 4-5 minutes (shifting occasionally).

6. JUST BEFORE SERVING In a salad bowl, combine the sliced cabbage, the grated carrot, the roasted pumpkin, the soft quinoa, the edamame beans, the toasted nuts, a drizzle of olive oil, and seasoning.

7. DINNER IS READY Dish up the loaded salad, drizzle over the creamy dressing, and scatter over the crispy quinoa. Garnish with the rinsed coriander and dig in, Chef!

Chef's Tip

Air fryer method: Coat the pumpkin pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 489kJ |
| Energy | 117kcal |
| Protein | 4.2g |
| Carbs | 17g |
| of which sugars | 5.2g |
| Fibre | 3.2g |
| Fat | 3.4g |
| of which saturated | 0.6g |
| Sodium | 118mg |

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Tree Nuts, Soy

Eat
Within
3 Days