

# UCOOK

## Chilli-satay Salad

**with roasted pumpkin, edamame beans & charred corn**

This salad is the perfect autumn plate, Chef! Light, refreshing yet super satays-fying. A spicy peanut butter, soy sauce & lime based sauce is drizzled over a bowl of freshness: radish rounds, plump edamame beans, oven roasted pumpkin, charred corn, and greens. Topped with crunchy egg noodle pieces for extra texture.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Veggie

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 Waterford Estate | Waterford MCC

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## Ingredients & Prep

750g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
60g	Salad Leaves
8g	Fresh Chives
60g	Egg Noodle Pieces
300g	Corn
150g	Edamame Beans
60g	Radish
180g	Spicy Satay Dressing <i>(90ml Spicy Peanut Butter, 15ml Low Sodium Soy Sauce, 30ml Sesame Oil &amp; 45ml Lime Juice)</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 220°C. Spread the pumpkin pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. GET THE GREENS** Rinse and roughly shred the salad leaves. Rinse and finely chop the chives.

**3. TOAST** Roughly crush the egg noodle pieces. Place the crushed egg noodles in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CHARRED CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

**5. EDAMAME BEANS** Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**6. ALL TOGETHER** Rinse and thinly slice the radish into rounds. Loosen the satay dressing with warm water in 5ml increments until drizzling consistency. In a salad bowl, combine the roasted pumpkin, the charred corn, the edamame beans, the sliced radish, the shredded salad leaves, and a drizzle of olive oil. Toss to combine and season.

**7. TIME TO EAT** Dish up the loaded salad, top with a drizzle of the dressing, and garnish with the toasted egg noodle pieces and the chopped chives. Well done, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	458kJ
Energy	110kcal
Protein	3.9g
Carbs	18g
of which sugars	3.1g
Fibre	2.9g
Fat	2.8g
of which saturated	0.4g
Sodium	51mg

## Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Soy

Cook  
within 3  
Days