



# UCOOK

## Butternut & Ancient Grain Salad

**with roasted onion wedges & toasted almonds**

A simple yet divine dinner awaits - roasted butternut and onion wedges jumbled in ancient grains, sun-dried tomatoes, almonds and feta. A squeeze of lemon juice and a sprinkle of coriander, it's a winner!

---

**Hands-On Time:** 30 minutes

**Overall Time:** 50 minutes

---

**Serves:** 3 People

---

**Chef:** Thea Richter

---

 Vegetarian

---

 No paired wines

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

750g	Butternut <i>cut into bite-sized chunks</i>
2	Red Onions <i>1½ peeled &amp; cut into wedges</i>
270ml	Ancient Grain Mix <i>(90ml Red Rice, 90ml Pearled Barely &amp; 90ml Spelt)</i>
30g	Almonds
15ml	Red Wine Vinegar
2	Lemons <i>1½ zested &amp; cut into wedges</i>
12g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
75g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
120g	Green Leaves <i>rinsed</i>
150g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. ROAST VEG** Preheat the oven to 200°C. Place the butternut chunks and the onion wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

**2. ANCIENT GRAIN MIX** Place the ancient grain mix in a pot with 600ml of salted water and bring to a boil. Once boiling, reduce the heat. Allow to simmer for 25-30 minutes, stirring occasionally as the water is absorbed and adding more only if required. Drain if necessary and season to taste.

**3. ALMOND TIME** Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

**4. MIX IT UP** When the veg is finished roasting, place the red wine vinegar, 30ml of a sweetener of choice and 30ml of olive oil in a salad bowl. Mix until the sweetener is fully dissolved. Add the cooked ancient grains, some lemon zest, ½ the chopped almonds, ½ the chopped coriander, ½ the chopped sun-dried tomatoes, the green leaves and the roasted veg. Toss until fully combined.

**5. ENJOY YOURSELF!** Serve up a heaped helping of the butternut and ancient grain salad. Crumble over the feta and sprinkle over the remaining sun-dried tomatoes, coriander and almonds. Squeeze over a generous squeeze of lemon juice and serve with any remaining wedges.



## Chef's Tip

To make sure your butternut and onion do get crispy, spread them out with a little space between each piece and don't overcrowd the tray!

## Nutritional Information

Per 100g

Energy	572kJ
Energy	137Kcal
Protein	4.7g
Carbs	19g
of which sugars	3.4g
Fibre	4.3g
Fat	4.6g
of which saturated	1.9g
Sodium	111mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within  
4 Days