

U C O O K

— COOKING MADE EASY

GLAZED BEETROOT & CHEVIN

with quinoa, Provençal roast butternut & a tahini dressing

Sticky, balsamic-glazed beetroot and generous drops of creamy goat's cheese adorn this wholesome yet indulgent bowl: quinoa swirled with caramelised onion, warm kidney beans, fresh rocket, and butternut roasted in Provençal herbs.

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 **Vegetarian**

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Ingredients & Prep

150g	Beetroot <i>rinsed, trimmed & cut into bite-size chunks</i>
15ml	Balsamic Glaze
250g	Butternut Chunks <i>cut into bite-size pieces</i>
10ml	NOMU Provençal Rub
120g	Red Kidney Beans <i>drained & rinsed</i>
100ml	White Quinoa
10g	Sunflower Seeds
1	Onion <i>one half peeled & thinly sliced</i>
20g	Green Leaves <i>rinsed</i>
40ml	Tahini Dressing
25g	Goat's Cheese

From Your Kitchen

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

1. GLAZED & HERBY VEG Preheat the oven to 200°C. Place the beetroot chunks on one side of a tinfoil-lined roasting tray. Coat in oil, the balsamic glaze, and seasoning to taste. Spread out evenly. Place the butternut pieces on the other side of the tray. Coat in oil, the Provençal Rub, and seasoning to taste. Spread out evenly. Roast in the hot oven for 25-30 minutes until cooked through and crisping up. At the halfway mark, give the veggies a shift and scatter the drained kidney beans over the tray. Return to the oven for the remaining roasting time.

2. PEARLY WHITE QUINOA Rinse the quinoa and place in a pot. Submerge in 200ml of water, place over a medium-high heat, and bring to a simmer (uncovered). Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

3. TOAST THE SEEDS 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 and set aside to cool.

4. CARAMELISED ONIONS Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelize it further. Remove from the pan on completion and stir through the cooked quinoa.

5. LEAVES & TAHINI DRESSING Toss the rinsed green leaves with a drizzle of oil and seasoning to taste. Set aside for serving. Place the Tahini Dressing in a small bowl and combine with 1 tsp olive oil. Mix with warm water in 5ml increments until drizzling consistency, season to taste, and set aside for serving.

6. WHAT A TASTE BUD TREAT! Dish up a heap of caramelised onion quinoa and top with the dressed green leaves. Pile on the colourful roast veg and beans, and sprinkle over the toasted sunflower seeds. To finish off, dollop with the goat's cheese and generously drizzle with tahini dressing. It's supper time, Chef!



Chef's Tip

Caramelised onions reach their full potential when sliced finely and cooked slowly. If you have the time, fry your onions over a low heat and add on an extra 10-15 minutes cooking time. Stir in a knob of butter towards the end for even creamier results!

Nutritional Information

Per 100g

Energy	571kJ
Energy	136Kcal
Protein	4.8g
Carbs	20g
of which sugars	5.3g
Fibre	3.6g
Fat	4.2g
of which saturated	0.9g
Sodium	140mg

Allergens

Dairy, Allium, Sesame, Sulphites

Cook
within 3
Days