



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Jemimah Smith

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Veggie

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Strandveld | Adamastor White Blend

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## Ingredients & Prep

600g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
30ml	NOMU Oriental Rub
225ml	Quinoa <i>rinse</i>
300g	Edamame Beans
60g	Mixed Nuts <i>(30g Cashew Nuts &amp; 30g Peanuts)</i>
30g	Fresh Ginger <i>peel &amp; grate</i>
90g	Sweet Soy Dressing <i>(45ml Sweet Indo Soy Sauce, 30ml Rice Wine Vinegar &amp; 15ml Sesame Oil)</i>
90ml	ButtaNutt Coconut Yoghurt
300g	Cabbage <i>rinse &amp; thinly slice</i>
360g	Carrot <i>rinse, trim, peel &amp; grate</i>
8g	Fresh Coriander <i>rinse &amp; 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, 30-35 minutes (shifting halfway).

**2. QUINOA** Place the rinsed quinoa in a pot with 450ml 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, 5-6 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