



# UCOOK

## Butternut & Charred Corn Bowl

**with cashew nut cream cheese & jalapeño relish**

A bowlful of yum that is sure to make your tastebuds dance, Chef! Revel in the flavours of roasted butternut & chickpeas, charred corn, red cabbage, and radish rounds tossed in an apple cider vinaigrette. Elevated by the velvety goodness of cashew nut cream cheese, and crowned with a spicy jalapeño relish and toasted coconut flakes & pumpkin seeds.

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Serves:** 3 People

**Chef:** Samantha du Toit

 Veggie

 Delheim Wines | Delheim Staying Alive Riesling

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## Ingredients & Prep

750g	Butternut Chunks <i>cut into bite-sized pieces</i>
360g	Chickpeas <i>drained &amp; rinsed</i>
60g	Coconut & Pumpkin Seeds <i>(30g Coconut Flakes &amp; 30g Pumpkin Seeds)</i>
150g	Corn
60ml	Jalapeño Relish
30g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>
90ml	Cashew Nut Cream Cheese
300g	Cabbage <i>rinsed &amp; thinly sliced</i>
15ml	Apple Cider Vinegar
60g	Radish <i>rinsed, trimmed &amp; sliced into thin rounds</i>

## From Your Kitchen

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

**1. READY THE ROAST** Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Place the drained chickpeas in a bowl and toss with a drizzle of oil and seasoning. Set aside.

**2. NICE & TOASTY** Place the coconut & pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

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

**4. ADD THE CHICKPEAS** When the butternut has been in for 15 minutes, remove the tray from the oven and scatter over the dressed chickpeas. Return to the oven for the remaining time.

**5. FOR THE FINAL TOUCHES** In a small bowl, combine the jalapeño relish with the chopped jalapeños (to taste). In a separate bowl, loosen the cashew nut cream cheese with a splash of water and season. Set both aside.

**6. FINISH THE SALAD** To the salad bowl with the corn, toss through the sliced cabbage, the vinegar, a sweetener, a drizzle of olive oil, the radish rounds, ½ the jalapeño relish, the roasted veg, and seasoning.

**7. TIME TO FEAST!** Plate up the butternut, cabbage & jalapeño salad. Drizzle it all with the remaining spicy jalapeño relish and the cashew nut cream cheese. Garnish with the toasted coconut & pumpkin seeds. Tuck in, Chef!



## Chef's Tip

Air fryer method: Air fry the dressed butternut pieces at 200°C until crispy, 25-30 minutes (shifting halfway). Scatter over the dressed chickpeas at the halfway mark.

## Nutritional Information

Per 100g

Energy	469kj
Energy	112kcal
Protein	3.7g
Carbs	14g
of which sugars	3.7g
Fibre	3.2g
Fat	3.1g
of which saturated	1g
Sodium	43mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days