

UCCOOK

Miso Aubergine & Gochujang Grain Salad

with roasted red onion & carrot

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	294kj	2191kj
Energy	70kcal	524kcal
Protein	2.3g	17.4g
Carbs	12g	87g
of which sugars	3.7g	27.2g
Fibre	3g	22.4g
Fat	1.5g	11.4g
of which saturated	0.3g	2g
Sodium	98mg	729mg

Allergens: Sulphites, Egg, Gluten, Sesame, Tree Nuts, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Moderate

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10ml	20ml	Miso Paste
40ml	80ml	Kewpie Mayo
5ml	10ml	Lemon Juice
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
250g	500g	Aubergine <i>rinse, trim & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
10ml	20ml	Gochujang & Soy Mix <i>(2,5ml [5ml] Gochujang, 2,5ml [5ml] Sesame Oil & 5ml [10ml] Low Sodium Soy Sauce)</i>
50ml	100ml	Buckwheat
50g	100g	Peas
10g	20g	Cashew Nuts
5g	10g	Crispy Onion Bits

From Your Kitchen

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

1. MISO-MAYO & LEMON DRESSING Preheat the oven to 220°C. To a bowl, add the miso paste, kewpie mayo, and a sweetener (to taste), and loosen with a splash of water. Season and mix well. To a separate bowl, add the lemon juice, olive oil, a sweetener (to taste), and seasoning. Toss the cucumber through the lemon dressing, and set aside.

2. SPICY, SALTY VEGGIE MEDLEY Spread the aubergine, onion, and carrot on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 5-8 minutes, baste with the gochujang & soy mix.

3. BEGIN THE BUCKWHEAT Place the buckwheat in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 150ml [300ml] of salted water. Cover and simmer until the water has been absorbed, 15-20 minutes. Remove from the heat and steam for 10 minutes. Fluff with a fork, mix through the peas, and cover.

4. CRUNCH FACTOR Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. TIME TO ENJOY Bowl up the buckwheat, top with the roast veg, and the cucumber. Drizzle over the miso dressing. Garnish with the onion bits and the cashews.