

# UCOOK

## Roast Veggie & Couscous Salad

**with crunchy sunflower seeds & crumbled feta**

A quick and easy salad number! Fluffy couscous tossed with roasted onions, beetroot and butternut. Loaded with fresh cucumber, tomatoes and black beans. Finished off with a crumble of creamy feta and a sprinkle of sunflower seeds for crunch.

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Vegetarian

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 Robertson Winery | Sauvignon Blanc

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## Ingredients & Prep

100g	Butternut Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>½ cut into wedges</i>
100g	Beetroot Chunks <i>cut into bite-sized chunks</i>
10g	Sunflower Seeds
75ml	Whole Wheat Couscous
30ml	Creamy Dressing <i>(15ml That Mayo (Vegan) &amp; 15ml Balsamic Vinegar)</i>
50g	Cucumber <i>diced</i>
1	Tomato <i>½ diced</i>
60g	Black Beans <i>drained &amp; rinsed</i>
20g	Salad Leaves <i>rinsed</i>
50g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. ROASTED VEG** Preheat the oven to 200°C. Place the butternut pieces, the onion wedges and the beetroot chunks on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and starting to caramelise.

**2. TOAST THE SEEDS & MAKE THE COUSCOUS** Boil the kettle. 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. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork.

**3. FINAL TOUCHES** In a bowl, combine the creamy dressing with 10ml of a sweetener of choice. Loosen with water in 5ml increments until a drizzling consistency. In a salad bowl, add the cooked couscous, the roasted veg, the diced cucumber, the diced tomato, the drained black beans, the rinsed salad leaves, seasoning and a drizzle of olive oil. Toss until fully combined.

**4. SCRUMPTIOUS SALAD!** DIY time! Dish up the loaded couscous salad, drizzle over the creamy dressing, and crumble over the feta. Garnish with a sprinkle of sunflower seeds. Beautiful work, Chef!



## Chef's Tip

To make sure your veg does get crispy, spread it out with a little space between each piece. Don't overcrowd the tray – rather use two trays if necessary.

## Nutritional Information

Per 100g

Energy	501kj
Energy	120Kcal
Protein	4.8g
Carbs	14g
of which sugars	2.6g
Fibre	2.4g
Fat	3.9g
of which saturated	1.7g
Sodium	143mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Soy

Cook  
within 2  
Days