



# UCOOK

## Moroccan-spiced Mushroom Skewers

with caramelised onions & dried  
pomegranate gems

Delicious portobellini mushrooms are coated in a NOMU Moroccan Rub before being skewered and baked until golden and tender. It is served alongside a flavourful lentil & rice mixture topped with caramelised onions, and finished off with flaked almonds and sweet dried pomegranate gems for some crunch and sweetness!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Thea Richter

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 Veggie

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 Leopard's Leap | Culinaria Grand Vin

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## Ingredients & Prep

120ml	Brown Lentils, Dry <i>rinsed</i>
8	Wooden Skewers
2	Onions <i>peeled &amp; finely sliced</i>
400ml	White Basmati Rice <i>rinsed</i>
60ml	Vegetable Stock
500g	Portobellini Mushrooms <i>cut in half</i>
40ml	Nomu Moroccan Rub
40g	Flaked Almonds
40g	Dried Pomegranate Gems
160ml	Hummus
10g	Fresh Mint <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. LENTIL IT SIMMER** Preheat the oven to 200°C. Place the rinsed lentils in a pot. Submerge in 900ml of water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 8-10 minutes until slightly softened but not cooked through.

**2. SKEWERS** Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning when over the heat).

**3. CARAMELISATION STATION** Place a pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 5-6 minutes until turning brown, shifting regularly. On completion, turn up the heat slightly and sauté for 3-4 minutes or until crisped, then remove the pan from the heat.

**4. GET IN THE MIX** When the lentils have finished simmering, add the rinsed rice and the stock to the pot with the lentils. Bring back up to a simmer and replace the lid. Cook for 10-15 minutes or until the liquid has been absorbed and the rice and lentils are cooked. Keeping the lid on, remove the pot from the heat and set aside to steam for about 5 minutes.

**5. SKEWER MY HEART** While the lentils and rice are simmering, coat the halved mushrooms in a drizzle of oil and  $\frac{3}{4}$  of the rub (to taste). Thread the mushrooms onto a skewer, making sure they are secure. Repeat with the remaining skewers until all the skewers are full. Place on a greased baking tray. Pop in the hot oven and bake for 10-12 minutes until mushrooms are soft and cooked through.

**6. DINNER IS SERVED!** Plate up the spiced mushroom skewers. Side with the lentil rice and top with the caramelised onions. Sprinkle over the flaked almonds and the dried pomegranate gems. Serve the hummus on the side. Drizzle with olive oil and sprinkle over the remaining rub and the picked mint. Dig in, Chef!



## Chef's Tip

If you would like to toast your almonds, place them in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

## Nutritional Information

Per 100g

Energy	627kJ
Energy	150kcal
Protein	5.3g
Carbs	27g
of which sugars	2.8g
Fibre	3.7g
Fat	2.6g
of which saturated	0.4g
Sodium	562mg

## Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook  
within 3  
Days