



UCCOOK

Roast Butternut & Mixed Rice Salad

with toasted cashew nuts & a pomegranate dressing

Get a load of this, Chef! A delicious, loaded mixed rice dish, featuring oven-roasted peppers, butternut, fresh greens, spring onion, and toasted cashews, all coated in a sweet pomegranate dressing. Finish with a squeeze of fresh lemon juice.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Veggie

 Strandveld | Grenache

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Ingredients & Prep

250g	Butternut <i>rinse, deseed, peel & cut into bite-sized pieces</i>
15ml	NOMU Provençal Rub
100ml	Mixed Rice <i>rinse</i>
1	Green Bell Pepper <i>rinse, deseed & cut ½ into small pieces</i>
1	Red Bell Pepper <i>rinse, deseed & cut ½ into small pieces</i>
15g	Cashew Nuts <i>roughly chop</i>
40ml	Pomegranate Dressing <i>(20ml Willowcreek Pomegranate Dressing & 20ml Apple Cider Vinegar)</i>
20g	Green Leaves <i>rinse</i>
1	Spring Onion <i>rinse, trim & finely slice</i>
1	Lemon <i>rinse, zest & cut ½ into wedges</i>

From Your Kitchen

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

1. ROASTED BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil, ¾ of the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. READY THE RICE Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

3. DRESSED PEPPERS Coat the red & green pepper pieces in oil, the remaining NOMU rub, and seasoning. When the butternut has 10 minutes to go, add the dressed peppers and roast for the remaining time.

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

5. MIX THINGS UP In a small bowl, mix together the pomegranate dressing and a sweetener. In a salad bowl, combine the cooked rice, the roasted butternut and pepper pieces, the rinsed leaves, and ½ the sliced spring onion. Mix through the sweetened pomegranate dressing, a generous squeeze of lemon juice, a drizzle of olive oil, and seasoning.

6. YUM FOR THE TUM! Bowl up the roasted butternut & mixed rice salad. Garnish with the toasted nuts and the remaining spring onion. Serve any remaining lemon wedges on the side.



Chef's Tip

Air fryer method: Coat the butternut and the red & green pepper pieces in oil, the NOMU rub, and seasoning. Air fry the butternut at 200°C until crispy, 20-25 minutes (shifting halfway). Add the peppers for the final 10 minutes.

Nutritional Information

Per 100g

Energy	324kJ
Energy	77kcal
Protein	2.6g
Carbs	15g
of which sugars	2.8g
Fibre	2.7g
Fat	1.2g
of which saturated	0.2g
Sodium	87mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days