



UCCOOK

Wild Rice & Sweet Potato

with apple & dried figs

Hands-on Time: 50 minutes

Overall Time: 65 minutes

Veggie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	558kJ	4535kJ
Energy	133kcal	1084kcal
Protein	2.5g	20.5g
Carbs	20g	162g
of which sugars	7.8g	63.5g
Fibre	3g	24.2g
Fat	4.7g	37.9g
of which saturated	0.4g	2.9g
Sodium	56mg	456mg

Allergens: Sulphites, Tree Nuts

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
15ml	20ml	NOMU Provençal Rub
180g	240g	Chickpeas <i>drain & rinse</i>
225ml	300ml	Brown & Wild Rice <i>rinse</i>
30g	40g	Pecan Nuts
150ml	200ml	Mayo
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
3	4	Celery Stalks <i>rinse & roughly slice</i>
2	2	Tomatoes <i>rinse & cut into thin wedges</i>
90g	120g	Dried Figs <i>roughly chop</i>
90ml	125ml	Balsamic Vinegar
2	2	Apples <i>rinse, peel, core & thinly slice</i> <i>1½ [2]</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **SWEET POTATO & CHICKPEAS** Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the NOMU rub and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). At the halfway mark, scatter the chickpeas on a roasting tray, and season. Roast until golden and crispy, 12-15 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. **WONDERFUL WILD RICE** Place the rice in a pot with 700ml [900ml] 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. **I PE-CAN** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, add the mayo, and loosen with a splash of water until drizzling consistency.

4. **FLAVOUR, FLAVOUR, FLAVOUR** In a bowl, toss together the salad leaves, the celery, the tomatoes, and the figs. Add the roast veggies and cooked rice. Add the balsamic vinegar, and seasoning.

5. **DELICIOUS** Dish up the loaded rice salad. Top with the apple and drizzle over the mayo. Enjoy!