



UCOOK

Butternut & Ancient Grain Salad

with roasted onion wedges & toasted almonds

A simple yet divine dinner awaits - roasted butternut and onion wedges jumbled in ancient grains, sun-dried tomatoes, almonds and feta. A squeeze of lemon juice and a sprinkle of coriander, it's a winner!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 No paired wines

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Butternut <i>cut into bite-sized chunks</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
90ml	Ancient Grain Mix <i>(30ml Red Rice, 30ml Pearled Barely & 30ml Spelt)</i>
10g	Almonds
5ml	Red Wine Vinegar
1	Lemon <i>½ zested & cut into wedges</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
25g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
40g	Green 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. ROAST VEG Preheat the oven to 200°C. Place the butternut chunks and the onion wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. ANCIENT GRAIN MIX Place the ancient grain mix in a pot with 200ml of salted water and bring to a boil. Once boiling, reduce the heat. Allow to simmer for 25-30 minutes, stirring occasionally as the water is absorbed and adding more only if required. Drain if necessary and season to taste.

3. ALMOND TIME Place the almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

4. MIX IT UP When the veg is finished roasting, place the red wine vinegar, 10ml of a sweetener of choice and 10ml of olive oil in a salad bowl. Mix until the sweetener is fully dissolved. Add the cooked ancient grains, some lemon zest, ½ the chopped almonds, ½ the chopped coriander, ½ the chopped sun-dried tomatoes, the green leaves and the roasted veg. Toss until fully combined.

5. ENJOY YOURSELF! Serve up a heaped helping of the butternut and ancient grain salad. Crumble over the feta and sprinkle over the remaining sun-dried tomatoes, coriander and almonds. Squeeze over a generous squeeze of lemon juice and serve with any remaining wedges.



Chef's Tip

To make sure your butternut and onion do get crispy, spread them out with a little space between each piece and don't overcrowd the tray!

Nutritional Information

Per 100g

Energy	572kJ
Energy	137Kcal
Protein	4.7g
Carbs	19g
of which sugars	3.4g
Fibre	4.3g
Fat	4.6g
of which saturated	1.9g
Sodium	111mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within
4 Days