



# UCOOK

## Charred Mushroom Kebabs

with crispy lentils & savoury rice

En guard, Chef! Grab some skewers and let's make some charred mushroom, tomato & onion kebabs today. These will share a plate with lentil-loaded savoury rice, infused with a special UCOOK seasoning, sweet dates and generous dollops of creamy raita.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Veggie

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Painted Wolf Wines | The Pack Blacktip  
Mourvèdre 2020

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## Ingredients & Prep

1	Onion <i>peel, cut ½ into bite-sized pieces &amp; finely dice ½</i>
10ml	Rice Seasoning <i>(5ml Ground Turmeric &amp; 5ml NOMU Garam Masala Rub)</i>
100ml	White Basmati Rice <i>rinse</i>
60g	Tinned Lentils <i>drain &amp; rinse</i>
125g	Button Mushrooms <i>wipe clean</i>
80g	Baby Tomatoes <i>rinse</i>
1	Garlic Clove <i>peel &amp; grate</i>
10ml	NOMU One For All Rub
3	Wooden Skewers
10g	Pitted Dates <i>roughly chop</i>
30ml	Raita

## From Your Kitchen

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

**1. RICE** Place a pot over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes. Add the rice seasoning and fry until fragrant, 1-2 minutes. Add the rinsed rice to the pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. CRISPY LENTILS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 6-8 minutes (shifting occasionally). Remove from the pan and season.

**3. KEBABS** In a bowl, combine the mushrooms, the rinsed tomatoes, the onion pieces, the grated garlic, the NOMU rub, a drizzle of oil, and seasoning. Thread the mushrooms, tomatoes, and onions onto the skewers, until all the ingredients are used.

**4. GRILLED KEBABS** Place a grill pan or return the pan to medium-high heat. When hot, grill the skewers until lightly charred and cooked through, 5-6 minutes, turning occasionally to ensure even cooking.

**5. JUST BEFORE SERVING** When the rice is done, mix in the crispy lentils.

**6. DINNER IS READY** Make a bed of the rice, top with the charred mushroom skewers, and scatter over the chopped dates. Dollop over the raita. Well done, Chef!



## Chef's Tip

Preheat a grill to medium-high heat. Place the skewers on the grill. Cook for about 5-7 minutes, turning frequently to ensure even cooking and to develop a nice char. The mushrooms should be tender and slightly browned.

## Nutritional Information

Per 100g

Energy	505kj
Energy	121kcal
Protein	5.2g
Carbs	24g
of which sugars	3.5g
Fibre	3.8g
Fat	0.5g
of which saturated	0.1g
Sodium	86mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days