

UCOOK

Coconut Millet & Berbere Butternut

with crispy chickpeas & roasted onion wedges

Made from an exotic mixture of chilli peppers, coriander, garlic, fenugreek, and other aromatics, a unique berbere spice will coat the roasted butternut, onions & crispy chickpeas in this dish. This veggie medley will rest on top of coconut milk-infused millet, drizzled with cashew cream cheese, ginger & mint sauce.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Veggie

Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

100ml	Millet
100ml	Coconut Milk
10ml	Berberbe Spice
250g	Butternut Chunks <i>cut into bite-sized pieces</i>
1	Onion <i>peel & cut ½ into wedges</i>
60g	Chickpeas <i>drain & rinse</i>
15ml	Lemon Juice
30ml	Cashew Nut Cream Cheese
10g	Fresh Ginger <i>peel & grate</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & finely dice</i>

From Your Kitchen

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

1. COCONUT MILLET Preheat the oven to 200°C. Place the millet in a pot over medium heat. Toast until fragrant, 1-3 minutes (shifting occasionally). Add 100ml of salted water and the coconut milk. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 10-12 minutes. Fluff with a fork and cover.

2. BERBERE BUTTERNUT Place the berbere spice in a bowl with a drizzle of oil. Spread the butternut pieces on a roasting tray. Coat in ½ the berbere spice oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

3. ONION & CHICKPEAS Place the onion wedges and the rinsed chickpeas on a separate roasting tray. Coat in the remaining berbere spice oil and seasoning. Set aside.

4. CREAMY CASHEW SAUCE In a small bowl, combine the lemon juice, the cashew cream cheese, the grated ginger, ½ the chopped mint, a drizzle of oil, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

5. ROAST WITH THE MOST When the butternut has been in for 15 minutes, pop the tray of dressed chickpeas & onions into the oven for the remaining time or until crispy.

6. LOAD THE MILLET Toss the shredded leaves, the diced cucumber, and ½ the ginger cashew dressing through the cooked millet. Set aside.

7. TIME TO ENJOY Plate up the loaded coconut millet and top with the roasted veg. Drizzle over the remaining dressing and garnish with the remaining mint.



Chef's Tip

Air fryer method: Air fry the dressed butternut pieces at 200°C until crispy, 20-25 minutes (shifting halfway). Add the dressed onion wedges & chickpeas at the halfway mark.

Nutritional Information

Per 100g

Energy	478kj
Energy	114kcal
Protein	3.3g
Carbs	17g
of which sugars	2.1g
Fibre	2.7g
Fat	3.1g
of which saturated	1.6g
Sodium	100mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
4 Days