



WCOOK

Miso Mayo & Charred Vegetables

with toasted cashew nuts, buckwheat & crispy onions

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Beeskamp Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	473kJ	3787kJ
Energy	113kcal	905kcal
Protein	3.3g	26.3g
Carbs	15g	120g
of which sugars	3.8g	30g
Fibre	3.2g	25.9g
Fat	4.3g	34.7g
of which saturated	0.5g	4.1g
Sodium	111mg	888mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut into thick wedges</i>
225ml	300ml	Buckwheat
600g	800g	Cauliflower Florets <i>cut into bite-sized pieces</i>
180g	240g	Chickpeas <i>drain & rinse</i>
60g	1	Cashew Nuts
180ml	240ml	Miso Mayo <i>(105ml [140ml] Mayo, 45ml [60ml] Miso Paste & 30ml [40ml] Lime Juice)</i>
15g	20g	Crispy Onion Bits
8g	10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

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

1. ROAST WITH THE MOST Preheat the oven to 200°C. Spread the carrot and the onion on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. WONDERFUL WHEAT Place the buckwheat in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes. Drain and cover.

3. CRISPY CAULI Coat the cauliflower and chickpeas in oil and season. When the roast has 10-15 minutes to go, scatter over the cauliflower, and roast for the remaining time.

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

5. MMMISO MAYO Just before serving, combine the buckwheat, the roast veggies, and a drizzle of olive oil. Loosen the miso mayo with water in 5ml increments until a drizzling consistency.

6. ALL TOGETHER NOW Make a bed of the loaded buckwheat, drizzle over the miso mayo, and sprinkle over the nuts, crispy onions, and chives. Enjoy, Chef!