



# UCOOK

## Balsamic Marinated Mushrooms

**with couscous, sun-dried tomatoes & pumpkin seeds**

Fluffy couscous is loaded with specks of sun-dried tomato, crunchy cucumber, toasted pumpkin seeds & fresh parsley. It creates the perfect backdrop for golden button mushrooms tossed in a honey-balsamic marinade. Finished off with dollops of cashew nut cream cheese.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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Veggie

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Waterford Estate | Waterford Chardonnay

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## Ingredients & Prep

300ml	Couscous
2	Garlic Cloves <i>peel &amp; grate</i>
90ml	Sweet Balsamic <i>(60ml Balsamic Vinegar &amp; 30ml Honey)</i>
8g	Fresh Rosemary <i>rinse, pick &amp; roughly chop</i>
7,5ml	Dried Chilli Flakes
30g	Pumpkin Seeds
600g	Button Mushrooms <i>wipe clean &amp; cut into quarters</i>
45g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
150g	Cucumber <i>rinse &amp; roughly dice</i>
8g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
90ml	Cashew Nut Cream Cheese

## From Your Kitchen

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

**1. FIRST THINGS FIRST** Boil the kettle. Place the couscous in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

**2. MARINATION STATION** Place a pan over medium heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add the sweet balsamic, the chopped rosemary, seasoning, and the chilli flakes (to taste). Bring to a simmer then remove from the pan. Cover and set aside.

**3. PUMP UP WITH PUMPKIN SEEDS** Return the pan, wiped down, to medium heat with the pumpkin seeds. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. MMMUSHROOMS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushroom pieces until golden, 5-6 minutes (shifting as they colour). You may need to do this step in batches. Remove from the pan and toss through the sweet balsamic marinade (to taste) and a drizzle of olive oil. Set aside.

**5. LOADED COUSCOUS** In a salad bowl, combine the cooked couscous, the chopped sun-dried tomato, the diced cucumber, ½ the chopped parsley, the toasted pumpkin seeds, a drizzle of olive oil, and seasoning.

**6. DIG IN!** Plate up a generous helping of the loaded couscous. Top with the marinated mushrooms and dollop over the cashew nut cream cheese. Garnish with the remaining parsley. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	587kJ
Energy	140kcal
Protein	5.9g
Carbs	21g
of which sugars	6g
Fibre	3.3g
Fat	2.5g
of which saturated	0.4g
Sodium	61mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat  
Within  
3 Days