



UCOOK

Portuguese Veggie Prego Roll

with On The Green Side tenders

We're giving you a veggie friendly prego roll to try this week! Perfectly pan-fried On The Green Side tenders sit atop a toasted Portuguese roll smothered in prego sauce and topped with caramelised onions. Sided with a creamy yoghurt, charred corn & cabbage slaw and sprinkled with sesame seeds. Vamos, Chef!

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

 Veggie

 Simonsig | Kaapse Vonkel Brut

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Ingredients & Prep

2	Onions <i>1½ peeled & finely sliced</i>
30g	Sunflower Seeds
120g	Corn
30ml	NOMU Spanish Rub
75ml	Low Fat Plain Yoghurt
200g	Cabbage <i>rinsed & ¾ finely sliced</i>
450g	On The Green Side Tenders
3	Portuguese Rolls <i>halved</i>
120ml	Prego Sauce
60g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. SWEET ONIONS Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until caramelised, 9-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, cover, and set aside.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CORN & CABBAGE Return the pan to medium-high heat with a drizzle of oil. When hot, add the corn and fry until charred, 4-5 minutes (shifting occasionally). In the final minute, baste with ½ the NOMU rub. Remove from the pan, place in a bowl, and add the yoghurt, the sliced cabbage, and seasoning. Set aside.

4. PAN-FRIED PERFECTION Return the pan to medium-high heat with a drizzle of oil. When hot, add the tenders and fry until browned and warmed through, 4-5 minutes (shifting occasionally). In the final minute, baste with the remaining NOMU rub. Remove from the pan.

5. RAVING ROLLS Return the pan to medium-high heat with a drizzle of oil. When hot, add the halved rolls, cut-side down, and fry until browned, 2-3 minutes.

6. GREAT WORK! Smear some of the prego sauce over the bottom half of the roll. Top with shredded salad leaves, the tenders and caramelised onions, and drizzle over some more of the prego sauce. Side with the yoghurt slaw. Garnish with the toasted seeds. Cheers, Chef!

Nutritional Information

Per 100g

Energy	294kJ
Energy	70kcal
Protein	5.3g
Carbs	7g
of which sugars	2.4g
Fibre	2.3g
Fat	2g
of which saturated	0.2g
Sodium	127mg

Allergens

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

Cook
within 3
Days