



UCOOK

Winter Harvest Bowl

with avo halves, crispy cannellini beans & roasted butternut

Dig into our nourishing harvest bowl of roasted cannellini beans, butternut and hemp heart crusted avo halves. Topped with a vegan ranch dressing laced with chives and served with a pickled salad of cucumber, green leaves and radish. Count me in!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

 Vegetarian

 Cavalli Estate | White Knight

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Ingredients & Prep

500g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
30ml	Maple Syrup
240g	Cannellini Beans <i>drained & rinsed</i>
60ml	White Wine Vinegar
100g	Cucumber <i>cut into half-moons</i>
40g	Radish <i>rinsed & sliced into thin rounds</i>
30ml	Hemp Hearts
1	Avocado
80g	Green Leaves <i>rinsed</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>
95ml	Vegan Ranch Dressing <i>(30ml That Mayo (Vegan) & 65ml Cashew Nut Yoghurt)</i>

From Your Kitchen

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

1. LET'S GET PREPPING Preheat the oven to 200°C. Place the pumpkin chunks on a roasting tray, coat in oil, ½ the maple syrup and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Place the drained cannellini beans in a bowl. Coat in oil and some seasoning.

2. IN A PICKLE Boil the kettle. Place the vinegar in a salad bowl with 15ml of boiling water. Mix in the remaining maple syrup until fully incorporated to form a pickling liquid. Add in the cucumber half-moons and thin radish rounds and toss until fully coated. Set aside to pickle.

3. CRISPY BEANS When the butternut reaches the halfway mark, add the dressed cannellini beans to the tray. Roast for the remaining time until starting to crisp, shifting halfway.

4. AVOCADO HEARTS Place the hemp hearts in a pan over a medium heat. Toast for 1-2 minutes until lightly browned, shifting occasionally. Keep a close eye on them; they can burn easily. Remove from the pan on completion and set aside in a shallow dish to cool. Halve the avocado and remove the pip. Peel off the avocado skin, keeping the flesh intact. Gently, push the cut side of the avocado halves into the hemp hearts until fully coated. Season the avocados and keep any remaining hemp hearts for garnish. Set aside for serving.

5. ALMOST THERE... Drain the pickling liquid from the cucumber and radish - lose it or reuse it! Toss through the rinsed green leaves and some seasoning to taste. Add ¾ of the chopped chives to the vegan ranch dressing and mix until fully combined.

6. DIVINE DINNER Make a bed of the roasted butternut and crispy cannellini beans. Top with the pickled salad and seeded avo halves. Drizzle over the chivey vegan ranch dressing and sprinkle over the remaining chopped chives and any remaining toasted hemp hearts. Gorgeous, chef!



Chef's Tip

When coating the avo in the hemp hearts, do it swiftly and don't swirl the avo around too much. If you do, the seeds will get wet and they won't stick to the flesh properly.

Nutritional Information

Per 100g

Energy	376kJ
Energy	90Kcal
Protein	2.7g
Carbs	12g
of which sugars	3.8g
Fibre	3g
Fat	3.7g
of which saturated	0.7g
Sodium	75mg

Allergens

Allium, Sulphites, Tree Nuts, Soy

Cook
within 2
Days