



UCOOK

Roasted Baby Marrow Flatbread

with butternut, hummus & almonds

Who says you need to work hard to enjoy a delicious feast? Butternut & baby marrow chunks are roasted in a Moroccan rub and paired with yummy hummus. All of this tasty goodness sits atop a fluffy flatbread with crumbled goat's cheese and toasted almonds.


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Quincy Vearey

 Veggie

 Waterford Estate | Waterford Elgin Sauvignon Blanc 2021

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Ingredients & Prep

100g	Butternut Chunks <i>cut into bite-sized pieces</i>
150g	Baby Marrow <i>rinsed, trimmed & cut into rounds</i>
10ml	NOMU Moroccan Rub
30ml	Hummus
15g	Almonds
1	Flatbread
20g	Salad Leaves <i>rinsed & roughly shredded</i>
25g	Chevin Goat's Cheese
10ml	Lemon Juice

From Your Kitchen

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

1. ROASTED & TOASTED Preheat the oven to 200°C. Place the butternut pieces and the baby marrow rounds on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

2. HELLO HUMMUS Loosen the hummus with water in 10ml increments until a drizzling consistency. Season and set aside.

3. ALL-THE-MONDS Place the almonds in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan.

4. READY THE BASE When the roast has 5-8 minutes remaining, return the pan to a medium-high heat. Once hot, add the flatbread and heat for 1-2 minutes per side until warm and browned.

5. FAB FEAST Smear the hummus over the toasted flatbread. Top with the shredded salad leaves and the roasted veg. Crumble over the goat's cheese and sprinkle over the toasted almonds. Drizzle over the lemon juice (to taste). Well done, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the butternut and baby marrow? Coat in oil, the rub, and seasoning. Pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through.

Nutritional Information

Per 100g

Energy	545kj
Energy	130kcal
Protein	4.9g
Carbs	17g
of which sugars	2.9g
Fibre	2.5g
Fat	4.8g
of which saturated	1.4g
Sodium	285mg

Allergens

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

Cook
within 2
Days