



UCOOK

Moroccan Dried Mango Salad

with crispy lentils

This mango salad will definitely be your groove, Chef! Steamed couscous is loaded with oven-roasted sweet potato & baby onions, spiced with NOMU Moroccan Rub. Tangy baby tomatoes, sweet dried mango, & toasted seeds, drizzled with a zesty tahini dressing will make you want to eat, eat, eat... eat sum more.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

Strandveld | First Sighting Rosé

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Ingredients & Prep

200g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
3	Baby Onions <i>peel & halve, keeping the stems intact</i>
10ml	NOMU Moroccan Rub
75ml	Couscous
10g	Pumpkin & Sunflower Seed Mix
60g	Tinned Lentils <i>drain & rinse</i>
20ml	Tahini
10ml	Lemon Juice
80g	Baby Tomatoes <i>rinse & cut into half</i>
20g	Dried Mango <i>roughly chop</i>

From Your Kitchen

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

1. SWEET ON SWEET POTATOES Preheat the oven to 200°C. Spread the sweet potato pieces and the halved onions on a roasting tray. Coat in oil, the NOMU rub, and season. Roast until crispy, 25-30 minutes (shifting halfway).

2. STEAMED COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. TOASTY SEEDS Place the seed mix in a pan (with a lid) over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CRISPY LENTILS Return the pan to medium-high heat with a drizzle of oil. When hot, toast the drained lentils until golden and crispy, 6-8 minutes (shifting occasionally). Remove from the pan, season and set aside.

5. TAHINI DRESSING When the roast has 10 minutes left, remove the tray from the oven and flip the onions cut-side up. Return to the oven for the remaining time. In a small bowl, combine the tahini with the lemon juice (to taste), a sweetener (to taste), a drizzle of olive oil and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

6. ALMOST DONE Once the couscous is done, toss with the crispy lentils, the quartered tomatoes, the chopped mango, the roasted veg and ½ the tahini dressing.

7. DINNER'S READY! Serve up the loaded couscous and drizzle with the remaining dressing. Garnish with the toasted seeds and there you have it!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, the NOMU rub, and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway). Toss through the halved baby onions at the halfway point.

Nutritional Information

Per 100g

Energy	526kJ
Energy	126kcal
Protein	5g
Carbs	23g
of which sugars	7.2g
Fibre	4.4g
Fat	2.2g
of which saturated	0.3g
Sodium	86mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites

Eat
Within
3 Days