



# UCCOOK

## Warm Winter Salad & Maple Nuts

with butternut, baby carrots & a Dijon mustard vinaigrette

A bed of tangy quinoa is topped with rosemary roasted butternut & baby carrots. Add a touch of luxury with creamy cashew nut cream cheese, and a sweet & savoury twist with maple nuts & crispy onion bits. Finished with a crack of black pepper and lemon zest. It's a cosy and satisfying dish that's perfect for colder weather noshing!

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**Hands-on Time:** 45 minutes

**Overall Time:** 65 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Veggie

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 Vergelegen | Premium Chardonnay

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## Ingredients & Prep

1kg	Butternut <i>peeled (optional), de-seeded &amp; cut into half-moons</i>
400g	Baby Carrots <i>rinsed &amp; halved, keeping the stems intact</i>
15g	Fresh Rosemary <i>rinsed</i>
300ml	Quinoa <i>rinsed</i>
120g	Mixed Nuts <i>(40g Almonds, 40g Macadamia Nuts &amp; 40g Hazelnuts)</i>
80ml	Maple Syrup
1	Lemon <i>zested &amp; cut into wedges</i>
60ml	Dijon Dressing <i>(20ml Dijon Mustard &amp; 40ml Apple Cider Vinegar)</i>
80g	Green Leaves <i>rinsed</i>
125ml	Cashew Nut Cream Cheese
60ml	Crispy Onion Bits

## From Your Kitchen

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

**1. WARM ROAST VEG** Preheat the oven to 200°C. Spread out the butternut half-moons, the halved baby carrots, and the rinsed rosemary sprigs on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Discard the rosemary.

**2. COOK THE QUINOA** Place the rinsed quinoa in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**3. MAPLE NUTS** Roughly chop the mixed nuts. Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the chopped nuts until browned, 1-2 minutes. Remove from the heat and stir through the maple syrup, the juice of 4 lemon wedges, ½ the lemon zest (to taste), and seasoning. Remove from the pan and set aside.

**4. ALL ABOUT THE BASE** In a salad bowl, combine the dijon dressing, a drizzle of olive oil, a sweetener, and seasoning. Toss through the cooked quinoa and the rinsed green leaves.

**5. FINAL TOUCHES** Make a bed of the dressed quinoa salad. Top with the roasted veg. Drizzle over the cashew nut cream cheese. Scatter over the maple nuts, the crispy onion bits, and the remaining lemon zest. Finish it off with a crack of black pepper, and serve with any remaining lemon wedges. Beautiful work, Chef!

## Nutritional Information

Per 100g

Energy	633kj
Energy	151kcal
Protein	4g
Carbs	22g
of which sugars	6.1g
Fibre	3.5g
Fat	6.3g
of which saturated	0.7g
Sodium	41mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days