



UCOOK

Moroccan-spiced Mushroom Skewers

with caramelised onions & dried
pomegranate gems

Delicious portobellini mushrooms are coated in a NOMU Moroccan Rub before being skewered and baked until golden and tender. It is served alongside a flavourful lentil & rice mixture topped with caramelised onions, and finished off with flaked almonds and sweet dried pomegranate gems for some crunch and sweetness!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Leopard's Leap | Culinaria Grand Vin

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Ingredients & Prep

30ml	Brown Lentils, Dry <i>rinsed</i>
2	Wooden Skewers
1	Onion <i>½ peeled & finely sliced</i>
100ml	White Basmati Rice <i>rinsed</i>
15ml	Vegetable Stock
125g	Portobellini Mushrooms <i>cut in half</i>
10ml	Nomu Moroccan Rub
10g	Flaked Almonds
10g	Dried Pomegranate Gems
40ml	Hummus
3g	Fresh Mint <i>rinsed & picked</i>

From Your Kitchen

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

1. LENTIL IT SIMMER Preheat the oven to 200°C. Place the rinsed lentils in a pot. Submerge in 300ml of water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 8-10 minutes until slightly softened but not cooked through.

2. SKEWERS Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning when over the heat).

3. CARAMELISATION STATION Place a pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 4-5 minutes until turning brown, shifting regularly. On completion, turn up the heat slightly and sauté for 2-3 minutes or until crisped, then remove the pan from the heat.

4. GET IN THE MIX When the lentils have finished simmering, add the rinsed rice and the stock to the pot with the lentils. Bring back up to a simmer and replace the lid. Cook for 10-15 minutes or until the liquid has been absorbed and the rice and lentils are cooked. Keeping the lid on, remove the pot from the heat and set aside to steam for about 5 minutes.

5. SKEWER MY HEART While the lentils and rice are simmering, coat the halved mushrooms in a drizzle of oil and $\frac{3}{4}$ of the rub (to taste). Thread the mushrooms onto a skewer, making sure they are secure. Repeat with the remaining skewers until both the skewers are full. Place on a greased baking tray. Pop in the hot oven and bake for 10-12 minutes until mushrooms are soft and cooked through.

6. DINNER IS SERVED! Plate up the spiced mushroom skewers. Side with the lentil rice and top with the caramelised onions. Sprinkle over the flaked almonds and the dried pomegranate gems. Serve the hummus on the side. Drizzle with olive oil and sprinkle over the remaining rub and the picked mint. Dig in, Chef!



Chef's Tip

If you would like to toast your almonds, place them in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

Nutritional Information

Per 100g

Energy	627kJ
Energy	150kcal
Protein	5.3g
Carbs	27g
of which sugars	2.8g
Fibre	3.7g
Fat	2.6g
of which saturated	0.4g
Sodium	562mg

Allergens

Allium, Sesame, Sulphites, Tree Nuts

Cook
within 3
Days