



# UCOOK

## Sweet Potato & Avocado Salad

**with crispy kale & Italian-style hard cheese**

A salad that's heartier than the artichoke hearts in it, Chef! Oven-roasted kale, sweet potato, cannellini beans & artichokes are tossed in a zesty mustard-mayo dressing. Topped with creamy avo, salty cheese ribbons and crispy onion bits.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Suné van Zyl

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Veggie

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Paardenkloof Wines | Paardenkloof Ecology  
"Desert Rose" Sauvignon Blanc 2021

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## Ingredients & Prep

750g	Sweet Potato <i>rinse &amp; cut into bite-sized pieces</i>
180g	Cannellini Beans <i>drain &amp; rinse</i>
2	Garlic Cloves <i>peel &amp; grate</i>
150g	Kale <i>rinse &amp; roughly shred</i>
3	Avocados
120ml	Mustard Mayo <i>(105ml Mayo &amp; 15ml Dijon Mustard)</i>
30ml	Lemon Juice
120g	Artichoke Hearts <i>drain &amp; roughly chop</i>
60g	Italian-style Hard Cheese <i>peel into ribbons</i>
45ml	Crispy Onion Bits

## From Your Kitchen

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

**1. SWEET ON SWEET POTATOES** Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. BEANS & KALE** Place the drained beans in a bowl. Coat in oil, the grated garlic, and seasoning. Place the shredded kale on a roasting tray. Massage with a drizzle of oil and seasoning until softened. Toss through the garlic beans. When the sweet potatoes have 10 minutes to go, pop the tray of kale & beans into the hot oven and roast for the remaining time until crispy.

**3. A IS FOR AVO** Halve the avocados and set aside one of the halves for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

**4. DELISH DRESSING** In a bowl, combine the mustard mayo, the lemon juice, a drizzle of olive oil, and seasoning. In a salad bowl, toss together the roasted kale & beans, the chopped artichokes, the roasted sweet potato, a drizzle of olive oil, and seasoning.

**5. SUPERB SALAD** Bowl up the salad. Top with the sliced avo. Scatter over the cheese ribbons and the crispy onions. Drizzle over the creamy mustard dressing.

## Nutritional Information

Per 100g

Energy	568kJ
Energy	136kcal
Protein	3g
Carbs	13g
of which sugars	3.5g
Fibre	3.6g
Fat	8.1g
of which saturated	1.3g
Sodium	134mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Cow's Milk

Eat  
Within  
4 Days