



Eat Within 4 Days

UCCOOK

Mexican Potato Stack

with cashew nut cream cheese

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Waterkloof | False Bay Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	351kj	2823kj
Energy	84kcal	675kcal
Protein	3.6g	29g
Carbs	13.6g	109.7g
of which sugars	3.1g	24.8g
Fibre	2.6g	21g
Fat	1.9g	15.6g
of which saturated	0.4g	2.9g
Sodium	143.1mg	1151.1mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel (optional) & cut into thick rounds</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
150g	200g	Corn
450g	600g	Cooked Chopped Tomato
30g	40g	Chipotle Chillies In Adobo <i>roughly chop</i>
360g	480g	Black Beans <i>drain & rinse</i>
180ml	240ml	Cashew Nut Cream Cheese
30ml	40ml	Nutritional Yeast
60g	80g	Piquanté Peppers <i>drain</i>
2	2	Spring Onions <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Tinfoil
Sugar/Sweetener/Honey

1. CRISPY TATERS Preheat the oven to 200°C. Line a roasting tray with tinfoil, lightly greasing it. Spread the potatoes out on the roasting tray with some more oil and season well. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. SAUCE TIME Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until soft, 5-6 minutes (shifting constantly). Add the corn and NOMU rub and fry for 4-5 minutes. Add the cooked and chopped tomatoes, the chipotle chillies (to taste), a sweetener (to taste) and 300ml [400ml] of water. Allow the sauce to simmer and reduce, 8-10 minutes, stirring constantly. Add the beans and ½ the cashew cream cheese. Remove from the heat and season well.

3. STACK IT UP When the potatoes are golden, rearrange on the baking tray to form 3 [4] nacho-like stacks. Top each with the saucy beans, sprinkling over the nutritional yeast. Return to the oven for 4-5 minutes.

4. DIG IN! When potato is ready, gently transfer to your serving plate, topping with the remaining cream cheese, the piquanté peppers and spring onions.