



# UCOOK

## Fusion Chickpeas & Sweet Potato

with pickled onion & mustard mayo dressing

If you had a hectic day, get ready for a tasty pick-me-up as soon as this meal is plated up. Featuring a bed of crunchy salad, dotted with cucumber, bell pepper, & pops of sweet corn are topped with sweet potatoes & crispy chickpeas, roasted with paprika, garlic & fennel seeds. Served with homemade pickled onion and a mmmustard mayo.

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**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Jade Summers

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Veggie

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Paul Cluver | Village Chardonnay

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## Ingredients & Prep

125ml	Red Wine Vinegar
1	Onion <i>peel &amp; finely slice</i>
800g	Sweet Potato Chunks
40ml	Spice Mix <i>(16ml White Sesame Seeds, 10ml Ground Paprika, 8ml Garlic Powder &amp; 6ml Fennel Seeds)</i>
240g	Chickpeas <i>drain &amp; rinse</i>
160g	Corn
160g	Salad Leaves <i>rinse &amp; roughly shred</i>
2	Bell Peppers <i>rinse, deseed &amp; dice</i>
200g	Cucumber <i>rinse &amp; cut into thin rounds</i>
160ml	Mustard Mayo <i>(140ml Mayo &amp; 20ml Dijon Mustard)</i>

## From Your Kitchen

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

**1. PICKLED ONION** Preheat the oven to 200°C. In a bowl, combine the vinegar, 20ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

**2. SPICED SWEET POTATO** Spread the sweet potato pieces on a roasting tray. Coat in oil, the spice mix, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). When the potato has 15 minutes left, scatter over the chickpeas, and roast for the remaining time.

**3. SWEET CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**4. FRESH SALAD** In a bowl, combine the shredded leaves, the diced pepper, the cucumber rounds, the charred corn, a drizzle of olive oil, and seasoning.

**5. MUSTARD MAYO** To a bowl, combine the mustard mayo, seasoning, and a splash of water.

**6. SET THE TABLE** Plate up the dressed leaves. Top with the spiced potato, and crispy chickpeas. Scatter over the pickled onion (to taste), and drizzle over the mustard mayo. Enjoy, Chef!



## Chef's Tip

Coat the sweet potato pieces in oil, the spice mix, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the potato has 10 minutes left, scatter over the chickpeas, and roast for the remaining time.

## Nutritional Information

Per 100g

Energy	242kJ
Energy	58kcal
Protein	1.8g
Carbs	10g
of which sugars	3.7g
Fibre	2.2g
Fat	0.6g
of which saturated	0.1g
Sodium	20mg

## Allergens

Allium, Sesame, Sulphites

Eat  
Within  
3 Days