



# UCOOK

## Mexican Sweet Potato & Corn Bowl

**with black beans, sun-dried tomatoes & sour cream**

A salad like no other! Roasted sweet potato is tossed with charred corn & beans, baby spinach, cucumber, sun-dried tomatoes, and sliced chilli, all drizzled with a zesty lemon & olive oil dressing. Topped with loosened sour cream & toasted almonds.

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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:** Samantha du Toit

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 Veggie

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 Waterford Estate | Waterford Old Vine Chenin Blanc

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## Ingredients & Prep

750g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
30ml	NOMU Mexican Spice Blend
30g	Almonds <i>roughly chopped</i>
150g	Corn
360g	Black Beans <i>drained &amp; rinsed</i>
45ml	Lemon Juice
60g	Green Leaves <i>rinsed</i>
300g	Cucumber <i>rinsed &amp; cut into half-moons</i>
90g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
2	Fresh Chillies <i>rinsed, trimmed, deseeded &amp; finely sliced</i>
125ml	Sour Cream

## From Your Kitchen

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

**1. GOLDEN SWEET POTATOES** Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil, ½ the NOMU spice blend, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. NUTTY ALMONDS** Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CORN & BEANS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Add the drained beans and the remaining NOMU spice blend. Fry until heated through, 1-2 minutes. Remove from the pan, season, and set aside.

**4. MEXICAN SALAD** In a salad bowl, combine the lemon juice with 45ml of olive oil and seasoning. Toss through the rinsed green leaves, the cucumber half-moons, the chopped sun-dried tomatoes, the sliced chilli (to taste), the charred corn & beans, and the roasted sweet potato.

**5. SOUR CREAM DRIZZLE** Place the sour cream in a small bowl and loosen with water in 5ml increments until drizzling consistency. Season and set aside.

**6. GET BOWLED OVER!** Bowl up the Mexican sweet potato & corn salad. Drizzle over the loosened sour cream and scatter over the toasted almonds. Tuck in, Chef!



## Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, the NOMU spice blend, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	414kJ
Energy	99kcal
Protein	2.9g
Carbs	14g
of which sugars	4.5g
Fibre	3.1g
Fat	3.2g
of which saturated	1g
Sodium	170mg

## Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook  
within 3  
Days