

QCOOK

Asian-style Sweet Potato

with charred pineapple, pickled ginger & vegan mayo

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info	Per 100g	Per Portion
Energy	699kj	4043kj
Energy	167kcal	966kcal
Protein	4g	23.1g
Carbs	24g	141g
of which sugars	7.9g	45.7g
Fibre	3.1g	18g
Fat	6.4g	36.8g
of which saturated	0.5g	2.7g
Sodium	209mg	1212mg

Allergens: Sulphites, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
100ml	200ml	Quinoa <i>rinse</i>
5ml	10ml	Black Sesame Seeds
30ml	60ml	Gochujang
50ml	100ml	Vegan Mayo
50g	100g	Peas
10ml	20ml	Low Sodium Soy Sauce
15ml	30ml	Rice Wine Vinegar
2	4	Tinned Pineapple Rings <i>drain</i>
20g	40g	Salad Leaves <i>rinse</i>
20g	40g	Pickled Ginger <i>drain & finely chop</i>
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

- 1. OFF YOU GO!** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. FLUFFY QUINOA** Place the quinoa in a pot with 200ml [400ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.
- 3. TOAST & MIX** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, combine the gochujang with 1 [2] tsp of water and 1 [2] tsp of oil. Set aside. Loosen the mayo with a splash of water until drizzling consistency.
- 4. TIME TO GET SPICY** When the sweet potato has 10 minutes remaining, remove from the oven and coat in the gochujang (to taste). Be careful - it's spicy!
- 5. SPRUCE & CHAR** Once the quinoa is cooked, stir through the peas. Add the soy sauce, the rice wine vinegar (both to taste), and seasoning. Cover and set aside. Return the pan to high heat with a drizzle of oil. When hot, fry the pineapple rings until charred, 1-2 minutes per side. Remove from the pan.
- 6. WHAT A FEAST** Make a bed of salad leaves and pile the quinoa on top. Serve alongside the sticky gochujang sweet potato and top with the pineapple. Drizzle over the mayo and scatter over the pickled ginger. To finish, garnish with the chives and the sesame seeds. Prepare to be wowed!