



U&COOK

Vegetarian Harissa Potato & Bean Roast

with sour cream & piquanté peppers

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | The Tin Mine Red

Nutritional Info

	Per 100g	Per Portion
Energy	387kJ	2058kJ
Energy	92kcal	492kcal
Protein	2.4g	13g
Carbs	14g	73g
of which sugars	2.8g	14.9g
Fibre	2.1g	11.3g
Fat	2.7g	14.1g
of which saturated	1g	5.3g
Sodium	154mg	818mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse & halve</i>
120g	240g	Cannellini Beans <i>drain & rinse</i>
20ml	40ml	Pesto Princess Harissa Paste
50ml	100ml	Sour Cream
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. ROAST POTATO Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Place the cannellini beans in a bowl. Coat in oil and seasoning. In a separate bowl, combine the harissa with 5ml [10ml] of oil. Set the dressed beans and the harissa oil aside.

2. HARISSA & CANNELLINI When the potatoes reach the halfway mark, remove from the oven and coat in the harissa oil. Scatter over the dressed beans and return to the oven for the remaining cooking time until crispy.

3. SOME PREP In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season.

4. TIME TO EAT Make a bed of the green leaves tossed with ½ the loosened sour cream. Top with the harissa roast, drizzle over the remaining sour cream, and scatter over the cucumber and the peppers. Easy, Chef!