



U C O O K

— COOKING MADE EASY

Knife & Fork Nachos

with spiced sweet potato, cottage cheese & crispy onions

These 'nachos' are made of crisp slithers of roast sweet potato. Jolly taste buds, a full tummy, clean hands, minimal kitchen mess, and the indulgence of cottage cheese and melted cheddar make this a standout festive dinner!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 **Vegetarian**

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into 1cm thick spheres</i>
15ml	NOMU Spanish Rub
50g	Kale <i>rinsed & roughly shredded</i>
65ml	Low Fat Cottage Cheese
4g	Fresh Chives <i>rinsed & roughly chopped</i>
1	Lime <i>zested & cut into wedges</i>
50g	Corn
120g	Kidney Beans <i>drained & rinsed</i>
75g	Grated Mozzarella
20g	Pickled Jalapeños <i>drained & roughly chopped</i>
10ml	Crispy Onions

From Your Kitchen

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

1. NA-CHO ORDINARY NACHOS! Preheat the oven to 200°C. Spread out the sweet potato spheres in an ovenproof dish. Coat in oil, half of the Spanish Rub, and some seasoning to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up.

2. GET SOME PREP DONE Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. Set aside for step 3. Place the cottage cheese in a small bowl with three-quarters of the chopped chives. Combine with the lime zest and a squeeze of lime juice, both to taste. Season and set aside for serving.

3. POP THE KALE IN THE OVEN When the sweet potato is at the halfway mark, remove the tray from the oven and spread the spheres out further — over the base and up the sides of the dish. Scatter over the dressed kale and return to the oven for 7-8 minutes until crispy.

4. LOOKING GOOD... Once the kale is crispy, remove the tray from the oven and scatter over the corn and drained kidney beans. To finish, sprinkle with the remaining Spanish Rub and the grated mozzarella. Return to the oven and bake for 4-6 minutes until the cheese has melted and become golden.

5. DINE LIKE A KING! Plate up the loaded sweet potato “nachos” and cover in dollops of chive-infused cottage cheese. Finish off with scatterings of crispy onions, chopped jalapeños, and the remaining chopped chives. Serve with a lime wedge on the side. Looks great, Chef!



Chef's Tip

Sweet potatoes are rich in fibre, which stabilises digestion and absorption. This helps to reduce blood sugar spikes and keep you feeling fuller for longer!

Nutritional Information

Per 100g

Energy	478kj
Energy	114Kcal
Protein	6g
Carbs	13g
of which sugars	4.1g
Fibre	3.3g
Fat	3.3g
of which saturated	1.7g
Sodium	260mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days