



# UCOOK

## Knife & Fork Nachos

**with spiced sweet potato, smooth 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 melted mozzarella make this a standout dinner!

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Runet Van Heerden

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 Vegetarian

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 Lanzerac Estate | Keldermeester Versameling  
Bergstroom

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## Ingredients & Prep

250g	Sweet Potato <i>rinsed &amp; cut into 1cm thick spheres</i>
15ml	NOMU Spanish Rub
50g	Kale <i>rinsed &amp; roughly shredded</i>
65ml	Smooth Cottage Cheese
4g	Fresh Chives <i>rinsed &amp; roughly chopped</i>
1	Lime <i>one ½ zested &amp; cut into wedges</i>
120g	Kidney Beans <i>drained &amp; rinsed</i>
50g	Corn <i>drained</i>
75g	Grated Mozzarella
10ml	Crispy Onions
20g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>

## 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, ½ of the Spanish Rub, and a little seasoning to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up.

**2. A LITTLE PREP** Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, massage until softened and coated. Set aside for step 3. Place the cottage cheese in a small bowl with ¾ 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. CRISPY KALE** When the sweet potato reaches the halfway mark, remove the tray from the oven and spread the spheres further out over the base and up the sides of the dish. Scatter over the kale and return to the oven for 7-8 minutes until crispy.

**4. LOOKING GOOD...** When the kale is crispy, remove the tray from the oven and scatter over the drained kidney beans and corn. Evenly sprinkle with the remaining Spanish Rub and the mozzarella. Return to the oven and bake for 4-6 minutes until the cheese is melted and 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 remaining chives. Serve with a lime wedge on the side. Time to feast, Chef!

## Nutritional Information

Per 100g

Energy	479kj
Energy	115Kcal
Protein	6.1g
Carbs	13g
of which sugars	4.1g
Fibre	3.2g
Fat	3.3g
of which saturated	1.8g
Sodium	231mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days