



U COOK

— COOKING MADE EASY

SULTRY STACKED SWEET POTATO

with smoky black bean ragu & avocado

We're bringing Mexi back, yeah! Craving some pizzazz in your week? This groovy combo of roast sweet potato, black beans with chipotle in adobo, creamy avo, and charred corn salsa is your answer.

Prep + Active Time: 20 minutes

Total Cooking Time: 35 minutes

 **Serves:** 1 person

 **Chef:** Carey Erasmus

 **Vegetarian**

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Ingredients

250 g	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
50 g	Frozen Corn
1	Red Onion <i>only one half peeled & finely diced</i>
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
30 ml	Sweet Red Wine Vinegar
120 g	Black Beans <i>drained & rinsed</i>
1	Garlic Clove <i>peeled & grated</i>
100 g	Cooked Chopped Tomatoes
20 g	Chipotle Chillies in Adobo <i>roughly chopped</i>
1	Avocado
10 ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive & coconut)
Sugar/Sweetener/Honey
Water
Salt & Pepper



CHEF'S TIP

Sweet potatoes are one of the highest Vitamin-A containing foods. Cooking sweet potatoes increases the bioavailability of this beta-carotene, making it easier for your body to absorb.

1. ROAST THE SWEET POTATO

Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and golden, shifting halfway.

2. CORN SALSA

Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the corn for 4-5 minutes until charred, shifting occasionally. Remove from the pan and place in a bowl. Add in half of the diced red onion and some chopped parsley, reserving some for garnish. Pour in the Sweet Red Wine Vinegar and toss to combine. Season to taste and set aside for serving.

3. SMOKY BLACK BEAN RAGU

Return the pan to a medium heat with another drizzle of oil. When hot, fry the remaining red onion for 2-3 minutes until soft. Add the drained black beans and grated garlic. Stir through the cooked chopped tomatoes and 20ml of water. Reduce the heat and simmer for 4-5 minutes until thickened. Add the chopped chipotles, seasoning, and a sweetener of choice to taste. Stir to combine and remove from the heat.

4. DISH UP!

Halve the avocado and set aside the half containing the pip for another meal. Spread out the golden sweet potato on a plate and spoon over the smoky bean ragu and the corn salsa. Scoop out the flesh from the avocado half and place it on top. Garnish with the remaining chopped parsley and the crispy onions. Enjoy, Chef!

Nutritional Information

Per Serving

Energy (kj)	2989
Energy (kcal)	714
Protein	18
Carbs	119
of which sugars	43
Fibre	23
Fat	16
of which saturated	2
Salt	2

Cook within: 3 days

Allergens: Gluten Allium Wheat Sulphites



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Quick Prep



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