

UCOOK

Knife & Fork Nachos

with spiced sweet potato, cottage cheese & crispy onions

These 'nachos' are made of golden roast sweet potato, loaded with flakey kale, piles of beans and corn, melty mozzarella, and chive-y cream cheese. With a crunch of crackly onions and a bite from jalapeño to boot!


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Waterford Estate | Waterford OVP Chenin Blanc 2020

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

750g	Sweet Potato <i>rinsed & cut into 1cm thick spheres</i>
45ml	NOMU Spanish Rub
300g	Kale <i>rinsed & roughly shredded</i>
170ml	Cottage Cheese
12g	Fresh Chives <i>rinsed & roughly chopped</i>
2	Lemons <i>1½ zested & cut into wedges</i>
360g	Kidney Beans <i>drained & rinsed</i>
150g	Corn <i>drained</i>
225g	Grated Mozzarella
30ml	Crispy Onions
60g	Sliced Pickled Jalapeños <i>drained & 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 on a roasting tray — use two trays if necessary. Coat in oil, ½ of the Spanish Rub, and a little seasoning to taste. Roast in the hot oven for 35-40 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 lemon zest and a squeeze of lemon 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 tray. Scatter over the kale and return to the oven for 8-10 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 7-10 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 the remaining chives. Serve with a lemon wedge on the side. Time to feast, Chef!

Nutritional Information

Per 100g

Energy	446kJ
Energy	107kcal
Protein	5.7g
Carbs	12g
of which sugars	3.8g
Fibre	3.2g
Fat	3.1g
of which saturated	1.6g
Sodium	202mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days