



UCOOK

Potato & Bell Pepper Chilli

with cashew nut yoghurt & fresh coriander

A bed of fluffy quinoa is smothered in fragrant & flavourful potato chilli dotted with kidney beans and bell pepper pieces. Finished with dollops of cashew nut yoghurt and a scattering of fresh coriander.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Samantha du Toit

Veggie

Deetlefs Wine Estate | Deetlefs Estate Merlot

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Ingredients & Prep

200g	Potato Chunks <i>rinse & cut into small pieces</i>
10ml	NOMU Mexican Spice Blend
75ml	Quinoa <i>rinse</i>
1	Vegetable Stock Sachet
1	Onion <i>peel & roughly dice ½</i>
1	Bell Pepper <i>rinse, deseed & cut ½ into bite-sized pieces</i>
1	Garlic Clove <i>peel & grate</i>
1	Fresh Chilli <i>rinse, deseed & finely slice</i>
100ml	Tomato Passata
60g	Kidney Beans <i>drain & rinse</i>
50ml	Cashew Nut Yoghurt
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil, the NOMU spice blend, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. FLUFFY QUINOA Boil a full kettle. Place the rinsed quinoa in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. POTATO CHILLI Dilute ½ the stock sachet with 150ml of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onions and the pepper pieces until soft but still crunchy, 4-5 minutes. Add the grated garlic and the sliced chilli (to taste), and fry until fragrant, 1-2 minutes. Add the tomato passata and the diluted stock. Simmer until thickening, 10-12 minutes. In the final 5 minutes, add the rinsed kidney beans and leave to simmer until warmed through. Add a sweetener (to taste), season, and mix in the roasted potato.

4. JUST BEFORE SERVING In a small bowl, combine the cashew nut yoghurt, ½ the chopped coriander, and seasoning.

5. TIME TO EAT Make a bed of the fluffy quinoa, top with the potato chilli, and dollop over the coriander cashew nut yoghurt. Garnish with the remaining coriander. Great job, Chef!

Nutritional Information

Per 100g

Energy	337kJ
Energy	80kcal
Protein	2.8g
Carbs	14g
of which sugars	2.9g
Fibre	2.4g
Fat	1.2g
of which saturated	0.1g
Sodium	116mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
3 Days