

UCCOOK

Oven-baked Sweet Potato & Chimichurri

with pickled onions, croutons & fresh dill

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Waterford Estate | Waterford Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	429kJ	2520kJ
Energy	102kcal	603kcal
Protein	3.1g	18.5g
Carbs	16g	93g
of which sugars	3.4g	19.9g
Fibre	2.7g	15.8g
Fat	2.6g	15.4g
of which saturated	0.4g	2.2g
Sodium	268mg	1579mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

750g	1kg	Sweet Potato <i>rinse & cut into 1.5cm rounds</i>
30ml	40ml	NOMU Provençal Rub
75ml	100ml	Pesto Princess Chimichurri Sauce
300g	400g	Cucumber <i>rinse & roughly dice</i>
360g	480g	Butter Beans <i>drain & rinse</i>
60g	80g	Pickled Onions <i>drain & roughly slice</i>
90ml	125ml	Cashew Nut Cream Cheese
90g	120g	Croutons
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

1. GOLDEN SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PREP STEP Loosen the chimichurri with oil or water in 10ml increments until drizzling consistency.

3. CRAZY CROUTONS Toss the bread chunks in a drizzle of oil and seasoning. Place a pan over medium heat. When hot, toast the bread until crispy, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

4. GREEN MACHINE In a bowl, combine the cucumber, the butter beans, ½ the chimichurri, and seasoning.

5. PLATE IT UP Plate up the roast sweet potato. Top with the beans & cucumber. Scatter over the pickled onion (to taste) and dollop over the cashew nut cream cheese. Drizzle over the remaining chimichurri sauce. Garnish with the croutons and the dill. There you go, Chef!