



UCCOOK

Sweet Potato & Avo Beef Buddah Bowl

with Pesto Princess Harissa Paste

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Samantha Manne

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	633kJ	4691kJ
Energy	151kcal	1121kcal
Protein	5.5g	40.7g
Carbs	11g	81g
of which sugars	5.4g	40.1g
Fibre	2.8g	21.1g
Fat	9.6g	70.9g
of which saturated	2.7g	19.7g
Sodium	137mg	1019mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Sweet Potato Chunks
450g	600g	Beef Mince
60ml	80ml	Pesto Princess Harissa Paste
60ml	80ml	Low Fat Cottage Cheese
60g	80g	Danish-style Feta <i>drain</i>
60ml	80ml	Honey
30ml	40ml	Lemon Juice
2	2	Avocados <i>cut in half & roughly dice 1½ [2]</i>
60g	80g	Pickled Onions <i>roughly slice</i>
150g	200g	Cucumber <i>rinse & roughly slice into rounds</i>
15ml	20ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. ROAST Coat the sweet potato in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Mix in the harissa and a splash of water. Fry until fragrant, 2-3 minutes. Remove from the pan and season.

3. SOME PREP In a small bowl, combine the cottage cheese and the feta. Return the pan to medium heat with the honey and lemon juice. Simmer until slightly silky and bubbling, 4-5 minutes. Remove from the pan.

4. DINNER IS READY Dish up the sweet potato and serve with the harissa mince, avocado, mixed cottage cheese, pickled onion, cucumber, and a drizzle of lemony honey. Sprinkle with chili flakes (to taste), buddha bowl style. Well done, Chef!