



UCOOK

Sweet Potato & Apple Bowl

with dried apricots, artichokes & a citrus-dill dressing

A complicated balance of flavours that is uncomplicated to make. Salad leaves are tossed with crisp apple, charred corn, artichoke, dried apricots, toasted pecans, and refreshing cucumber. This is all coated in a creamy citrus dressing. Top with oven-roasted sweet potatoes and finished with fresh dill.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Suné van Zyl

Veggie

Laborie Estate | Laborie Rosé 2023

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

Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
5ml	NOMU Provençal Rub
10g	Pecan Nuts <i>roughly chop</i>
50g	Corn
40ml	Cashew Nut Cream Cheese
30ml	Citrus Juice <i>(10ml Lemon Juice & 20ml Orange Juice)</i>
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
20g	Green Leaves <i>rinse</i>
1	Apple <i>rinse, peel, core & thinly slice ½</i>
40g	Artichoke Quarters <i>drain & cut into bite-sized pieces</i>
50g	Cucumber <i>rinse & cut into thin matchsticks</i>
10g	Dried Apricots <i>roughly chop</i>

From Your Kitchen

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

1. AND WE'RE OFF! Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

2. YES, I PE-CAN Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. CITRUS SENSATION In a bowl, combine the cashew cream cheese with the citrus juice (to taste), $\frac{3}{4}$ of the chopped dill, a sweetener (to taste), a drizzle of olive oil, and seasoning. Set aside.

5. COLOURFUL CUISINE To a salad bowl, add the rinsed leaves, the apple slices, the charred corn, the artichoke pieces, the cucumber matchsticks, the chopped apricots, and $\frac{1}{2}$ the toasted nuts. Toss together with $\frac{1}{2}$ the citrus dressing.

6. IMPRESSIVE, CHEF! Serve up the loaded salad and top with the roasted sweet potato. Drizzle over the remaining citrus dressing and garnish with the remaining dill and nuts.



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	380kj
Energy	91kcal
Protein	2g
Carbs	14g
of which sugars	6.5g
Fibre	2.6g
Fat	2.6g
of which saturated	0.4g
Sodium	90mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
4 Days