



UCOOK

Sweet Potato Burrito Bowl

with a fresh avocado salsa & charred corn

If you don't like messy food, you will love this burrito-wrap-turned-into-a-bowl recipe, Chef! Featuring the same popular flavours, grab a fork and dig into a bowl of jasmine rice topped with Mexican-spiced roasted sweet potato. Completing the dish are a charred corn & bean medley and tomato-avo salsa.

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

Veggie

Stettyn Wines | Stettyn Family Range Shiraz
2021

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

Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
1kg	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
40ml	Old Stone Mill Mexican Spice
2	Onions <i>peel & finely dice</i>
200g	Corn
480g	Black Beans <i>drain & rinse</i>
2	Avocados
40ml	Lime Juice
2	Tomatoes <i>rinse & roughly dice</i>
10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
125ml	Cashew Nut Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. READY THE RICE Preheat the oven to 200°C. Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SPICY SWEET POTATO Spread the sweet potato pieces on a roasting tray. Coat in oil, the Mexican spice, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

3. FRIED BEANS & CORN Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the diced onion until golden, 6-7 minutes (shifting occasionally). Add the corn and the drained beans. Fry until charred, 4-5 minutes (shifting occasionally). Remove from the heat and season.

4. ZESTY AVO Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Dice the avocado and place into a bowl. Drizzle with lime juice and season.

5. LET'S SALSA To the bowl with the avo, toss through the remaining diced onion (to taste), the diced tomato, ½ the chopped coriander, a drizzle of olive oil, and seasoning. Set aside.

6. BRING ON THE BURRITO BOWL Make a bed of the steaming rice. Top with the roasted sweet potato and the charred corn & bean mixture. Side with the fresh tomato & avo salsa. Drizzle over the cashew yoghurt and garnish with the remaining chopped coriander!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	431kJ
Energy	103kcal
Protein	2.4g
Carbs	17g
of which sugars	3g
Fibre	2.9g
Fat	2.8g
of which saturated	0.4g
Sodium	105mg

Allergens

Allium, Tree Nuts

Eat
Within
4 Days