



# UCCOOK

## Potato & Bell Pepper Chili

with macadamia yoghurt & fresh coriander

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Veggie:** Serves 1 & 2

**Chef:** Samantha du Toit

**Wine Pairing:** Nitida | Pinot Noir

### Nutritional Info

	Per 100g	Per Portion
Energy	338kJ	3308kJ
Energy	81kcal	791kcal
Protein	2.9g	28.5g
Carbs	14g	140g
of which sugars	2.6g	25.7g
Fibre	2.7g	26.1g
Fat	1.2g	11.4g
of which saturated	0.1g	1.5g
Sodium	104mg	1017mg

**Allergens:** Allium, Sulphites, Tree Nuts

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Potato Chunks <i>rinse &amp; cut into small pieces</i>
10ml	20ml	NOMU Mexican Spice Blend
75ml	150ml	Quinoa <i>rinse</i>
1	2	Vegetable Stock Sachet/s
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into bite-sized pieces</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
1	2	Fresh Chilli/es <i>rinse, deseed &amp; finely slice</i>
100ml	200ml	Tomato Passata
60g	120g	Red Kidney Beans <i>drain &amp; rinse</i>
50ml	100ml	ButtaNutt Macadamia Nut Yoghurt
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Seasoning (salt & pepper)

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

**2. FLUFFY QUINOA** Boil a full kettle. Place the quinoa in a pot with 200ml [400ml] 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 the stock with 150ml [300ml] of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the onion and the pepper until soft but still crunchy, 4-5 minutes. Add the garlic and the chilli (to taste), and fry until fragrant, 1-2 minutes. Add the tomato passata and the diluted stock. Simmer until thickened, 10-12 minutes. In the final 5 minutes, add the kidney beans and leave to simmer until warmed through. Add a sweetener (to taste), seasoning, and mix in the roasted potato.

**4. JUST BEFORE SERVING** In a small bowl, combine the macadamia yoghurt, ½ the coriander, and seasoning.

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