



UCOOK

Oven-baked Sweet Potato & Chimichurri

with pickled onions, croutons & fresh dill

Bright & beautiful oven-roasted sweet potato slices are topped with a flavoursome chimichurri-marinated butter bean & cucumber medley. Garnished with slivers of tangy pickled onion, crunchy croutons, and dollops of cashew nut cream cheese. Healthy yet hearty!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Rhea Hsu

Veggie

Waterkloof | Revenant Wild Ferment
Sauvignon Blanc

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

Ingredients & Prep

500g	Sweet Potato <i>rinse & cut into 1.5cm rounds</i>
20ml	NOMU Provençal Rub
60ml	Pesto Princess Chimichurri Sauce
1	Baguette <i>cut ¼ [½] into bite-sized chunks</i>
200g	Cucumber <i>rinse & roughly dice</i>
240g	Butter Beans <i>drain & rinse</i>
40g	Pickled Onions <i>drain & roughly slice</i>
80ml	Cashew Nut Cream Cheese
5g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. GOLDEN SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato rounds on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 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, 3-4 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 slices. Top with the marinated 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!

Nutritional Information

Per 100g

Energy	528kj
Energy	126kcal
Protein	4.4g
Carbs	20g
of which sugars	3.8g
Fibre	2.5g
Fat	2.8g
of which saturated	0.4g
Sodium	324mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat
Within
4 Days