



UCCOOK

Vegetarian Harissa Potato & Bean Roast

with sour cream & piquanté peppers

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Strandveld | Skaamgesiggie MCC Brut Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	370kJ	1874kJ
Energy	88kcal	448kcal
Protein	2.5g	12.4g
Carbs	14g	71g
of which sugars	2.6g	13.3g
Fibre	2.2g	11.3g
Fat	2g	10.3g
of which saturated	0.7g	3.3g
Sodium	158mg	800mg

Allergens: Cow's Milk, Allium, Sulphites

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Baby Potatoes <i>rinse & halve</i>
360g	480g	Cannellini Beans <i>drain & rinse</i>
60ml	80ml	Pesto Princess Harissa Paste
90ml	125ml	Sour Cream
60g	80g	Green Leaves <i>rinse</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
45g	60g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

- 1. ROAST POTATO** Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Place the cannellini beans in a bowl. Coat in oil and seasoning. In a separate bowl, combine the harissa with 15ml [20ml] of oil. Set the dressed beans and the harissa oil aside.
- 2. HARISSA & CANNELLINI** When the potatoes reach the halfway mark, remove from the oven and coat in the harissa oil. Scatter over the dressed beans and return to the oven for the remaining cooking time until crispy.
- 3. SOME PREP** In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season.
- 4. TIME TO EAT** Make a bed of the green leaves tossed with ½ the loosened sour cream. Top with the harissa roast, drizzle over the remaining sour cream, and scatter over the cucumber and the peppers. Easy, Chef!