



U C O O K

— COOKING MADE EASY

SWEET POTATO NACHO FEAST

with melty mozzarella & tangy cottage cheese

Turning nacho night on its head using roast sweet potato to form the base of this gem. Black beans, kale, fresh lime, jalapeños, crunchy seeds, and cheese in abundance – this is nach'yo average dish.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 **Vegetarian**

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Ingredients & Prep

250g	Sweet Potato rinsed & sliced into 1cm thick rounds
15ml	NOMU Mexican Rub
50g	Corn
50g	Kale rinsed & roughly shredded
10g	Sunflower Seeds
120g	Black Beans drained & rinsed
20g	Pickled Sliced Jalapeño drained
75g	Grated Mozzarella
65g	Chunky Cottage Cheese
4g	Fresh Chives rinsed & finely chopped
1	Lime one half zested & cut into wedges

From Your Kitchen

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

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. SPICY SWEET POTATO

Preheat the oven to 200°C. Boil the kettle. Spread out the sweet potato rounds in a deep, oven-proof dish or tray. Coat in oil, seasoning, and the Mexican Rub to taste. Roast in the hot oven for 25-30 minutes until cooked through and golden, shifting halfway.

3. CORN & KALE

Submerge the corn in boiling water for 2 minutes. Drain on completion. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Use your hands to massage the kale until soft and evenly coated in oil. Set the corn and kale aside.

4. SUNFLOWER SEEDS

Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

5. NACH'YO DINNERTIME YET

When the sweet potato has about 10 minutes to go, remove from the oven. Organise the sweet potato rounds so they sit evenly across the base and up the sides of the dish. Scatter over the drained black beans, corn, and drained jalapeño slices to taste. Top with the soft kale and sprinkle the grated mozzarella over the lot. Return the tray to the oven for 5-8 minutes until the cheese has melted and become golden.

6. CREAMY FINISHINGS

In a bowl, combine the cottage cheese with three-quarters of the chopped chives. Mix in some lime zest, lime juice, and seasoning to taste.

7. NOW WE FEAST!

Dish up a heap of loaded sweet potato nachos. Dollop with the cottage cheese, sprinkle over the remaining chives, and garnish with the toasted sunflower seeds. Dig in, Chef!

Nutritional Information

Per 100g

Energy	471kJ
Energy	113Kcal
Protein	6g
Carbs	14g
of which sugars	5g
Fibre	3g
Fat	3g
of which saturated	1g
Salt	0g

Allergens

Dairy, Allium

Cook
within
4 Days