



UCCOOK

Oven-baked Sweet Potato & Chimichurri

with pickled onions, croutons & fresh dill

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info

	Per 100g	Per Portion
Energy	434kJ	2570kJ
Energy	104kcal	614kcal
Protein	3.2g	18.7g
Carbs	16g	95g
of which sugars	3.4g	20.3g
Fibre	2.7g	16.3g
Fat	2.7g	15.8g
of which saturated	0.4g	2.3g
Sodium	303mg	1793mg

Allergens: Sulphites, Gluten, Tree Nuts, Wheat, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chunks
10ml	20ml	NOMU Italian Rub
25ml	50ml	Pesto Princess Chimichurri Sauce
100g	200g	Cucumber <i>rinse & roughly dice</i>
120g	240g	Butter Beans <i>drain & rinse</i>
20g	40g	Pickled Onions <i>drain & roughly slice</i>
30ml	60ml	Cashew Nut Cream Cheese
30g	60g	Croutons
3g	5g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. GOLDEN SWEET POTATO Preheat the oven to 200°C. Spread the sweet potato 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. GREEN MACHINE In a bowl, combine the cucumber, the butter beans, ½ the chimichurri, and seasoning.

4. PLATE IT UP Plate up the roast sweet potato. Top with the beans and 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!