

Ugcook

Mexican Loaded Baked Potato

with black beans, avo & cashew nut cream cheese

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Waterkloof | Beeskamp Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	534kJ	3226kJ
Energy	128kcal	771kcal
Protein	6g	36g
Carbs	19g	113g
of which sugars	3.4g	20.5g
Fibre	1.6g	9.7g
Fat	3.2g	19.1g
of which saturated	1.5g	9g
Sodium	251mg	1514mg

Allergens: Allium, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse</i>
1	1	Lemon <i>rinse, zest & cut ½ [1] into wedges</i>
1	1	Onion <i>peel & finely slice ¼ [½]</i>
1	1	Avocado
50g	100g	Corn
1	2	Tomato/es <i>rinse & roughly dice</i>
20g	40g	Piquanté Peppers <i>drain</i>
60g	120g	Black Beans <i>drain & rinse</i>
10ml	20ml	NOMU Mexican Spice Blend
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>
40ml	80ml	Cashew Nut Cream Cheese

From Your Kitchen

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

1. **HOT POTATO** Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the potato in half lengthways — don't remove the skin! Coat in oil, season, and place on the tray cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 30-35 [35-40] minutes.

2. **QUICK PICKLE** In a bowl, combine the juice of 1 [2] lemon wedge/s, a sweetener (to taste), and seasoning. Add the onion and toss until coated. Set aside to pickle.

3. **AVO-COURSE!** Halve the avocado and remove the pip. Keeping the flesh intact, peel the skin off one half [both halves]. Thinly slice, squeeze over some lemon juice and season. Set aside.

4. **CHARRED CORN** Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove ½ the corn from the pan and set aside in a salad bowl.

5. **TIME FOR THE TRIMMINGS** Return the pan, with the remaining charred corn, to medium heat with a drizzle of oil (if necessary). Add ½ the tomato and ½ the piquanté pepper. Fry until slightly cooked down, 2-3 minutes (shifting occasionally). Add the black beans, the NOMU spice blend (to taste), 25ml [50ml] of water, seasoning, and a sweetener (to taste). Cook until slightly thickened, 3-5 minutes. Remove from the heat and cover to keep warm.

6. **ZESTY SALAD** To the salad bowl with the reserved charred corn, add the salad leaves, the remaining tomato, ½ the pickled onion & the pickling liquid (to taste), the remaining piquanté pepper, ½ the coriander, some lemon juice & zest (to taste), a drizzle of oil, and seasoning. Toss until combined.

7. **PLATE UP!** Plate up the baked potato. Top each half with the black bean filling and drizzle over the cashew cream cheese. Garnish with the remaining pickled onion (to taste) and coriander. Side with the dressed avo slices and the loaded salad. Dig in, Chef!

Chef's Tip Rinse the sliced onions under cold water before adding the slices to the pickling liquid - this helps with softening the raw onion flavour.