

# 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:** Waterford Estate | Waterford Sauvignon Blanc

### Nutritional Info

|                    | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 434.1kJ   | 2570.3kJ    |
| Energy             | 103.8kcal | 614.7kcal   |
| Protein            | 3.2g      | 18.7g       |
| Carbs              | 16.1g     | 95.2g       |
| of which sugars    | 3.4g      | 20.4g       |
| Fibre              | 2.7g      | 16.3g       |
| Fat                | 2.7g      | 15.8g       |
| of which saturated | 0.4g      | 2.3g        |
| Sodium             | 302.9mg   | 1793.4mg    |

**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<br><i>rinse &amp; roughly dice</i>         |
| 120g | 240g | Butter Beans<br><i>drain &amp; rinse</i>            |
| 20g  | 40g  | Pickled Onions<br><i>drain &amp; roughly slice</i>  |
| 30ml | 60ml | Cashew Nut Cream Cheese                             |
| 30g  | 60g  | Croutons                                            |
| 3g   | 5g   | Fresh Dill<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

**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!