



UCOOK

Fusion Chickpeas & Sweet Potato

with pickled onion & mustard mayo dressing

If you had a hectic day, get ready for a tasty pick-me-up as soon as this meal is plated up. Featuring a bed of crunchy salad, dotted with cucumber, bell pepper, & pops of sweet corn are topped with sweet potatoes & crispy chickpeas, roasted with paprika, garlic & fennel seeds. Served with homemade pickled onion and a mmmustard mayo.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Veggie

Paul Cluver | Village Chardonnay

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Ingredients & Prep

30ml	Red Wine Vinegar
1	Onion <i>peel & finely slice ¼</i>
200g	Sweet Potato Chunks
10ml	Spice Mix <i>(4ml White Sesame Seeds, 2,5ml Ground Paprika, 2ml Garlic Powder & 1.5ml Fennel Seeds)</i>
60g	Chickpeas <i>drain & rinse</i>
40g	Corн
40g	Salad Leaves <i>rinse & roughly shred</i>
1	Bell Pepper <i>rinse, deseed & dice ½</i>
50g	Cucumber <i>rinse & cut into thin rounds</i>
40ml	Mustard Mayo <i>(35ml Mayo & 5ml Dijon Mustard)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. PICKLED ONION Preheat the oven to 200°C. In a bowl, combine the vinegar, 5ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

2. SPICED SWEET POTATO Spread the sweet potato pieces on a roasting tray. Coat in oil, the spice mix, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the potato has 15 minutes left, scatter over the chickpeas, and roast for the remaining time.

3. SWEET CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRESH SALAD In a bowl, combine the shredded leaves, the diced pepper, the cucumber rounds, the charred corn, a drizzle of olive oil, and seasoning.

5. MUSTARD MAYO To a bowl, combine the mustard mayo, seasoning, and a splash of water.

6. SET THE TABLE Plate up the dressed leaves. Top with the spiced potato, and crispy chickpeas. Scatter over the pickled onion (to taste), and drizzle over the mustard mayo. Enjoy, Chef!



Chef's Tip

Coat the sweet potato pieces in oil, the spice mix, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the potato has 10 minutes left, scatter over the chickpeas, and roast for the remaining time.

Nutritional Information

Per 100g

Energy	242kj
Energy	58kcal
Protein	1.8g
Carbs	10g
of which sugars	3.7g
Fibre	2.2g
Fat	0.6g
of which saturated	0.1g
Sodium	20mg

Allergens

Allium, Sesame, Sulphites

Eat
Within
3 Days