



# 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:** 20 minutes

**Overall Time:** 50 minutes

---

**Serves:** 4 People

---

**Chef:** Runet Van Heerden

---

 **Vegetarian**

---

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

1kg	Sweet Potato rinsed & sliced into 1cm thick rounds
60ml	NOMU Mexican Rub
200g	Corn
200g	Kale rinsed & roughly shredded
40g	Sunflower Seeds
480g	Black Beans drained & rinsed
80g	Pickled Sliced Jalapeño drained
300g	Grated Mozzarella
250g	Chunky Cottage Cheese
15g	Fresh Chives rinsed & finely chopped
2	Limes 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 35-40 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