

# UCCOOK

## Black Bean & Sweet Potato Bowl

with guacamole & fresh chives

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Isabella Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 420kJ    | 3895kJ      |
| Energy             | 100kcal  | 930kcal     |
| Protein            | 2.3g     | 21.4g       |
| Carbs              | 16g      | 148g        |
| of which sugars    | 3g       | 27.8g       |
| Fibre              | 2.9g     | 27g         |
| Fat                | 2.9g     | 26.7g       |
| of which saturated | 0.1g     | 1g          |
| Sodium             | 163mg    | 1514mg      |

**Allergens:** Tree Nuts, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                          |
|----------|------------|----------------------------------------------------------|
| 75ml     | 150ml      | Jasmine Rice<br><i>rinse</i>                             |
| 250g     | 500g       | Sweet Potato Chunks<br><i>cut into bite-sized pieces</i> |
| 10ml     | 20ml       | Old Stone Mill Mexican Spice                             |
| 1        | 1          | Onion<br><i>peel &amp; finely dice ½ [1]</i>             |
| 120g     | 240g       | Black Beans<br><i>drain &amp; rinse</i>                  |
| 20g      | 40g        | Green Leaves<br><i>rinse &amp; shred</i>                 |
| 1        | 1          | Tomato<br><i>rinse &amp; roughly dice</i>                |
| 3g       | 5g         | Fresh Chives<br><i>rinse &amp; roughly chop</i>          |
| 10ml     | 20ml       | Lime Juice                                               |
| 40ml     | 80ml       | ButtaNutt Macadamia Nut Yoghurt                          |
| 1 pack   | 1 packs    | Guacamole                                                |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

1. **READY THE RICE** Preheat the oven to 200°C. Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. **MMMEXICAN SWEET POTATO** Spread the sweet potato on a roasting tray. Coat in oil, the Mexican spice and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. **BEAN & ONION MEDLEY** Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the onion until golden, 4-5 minutes (shifting occasionally). Add the beans and fry until charred, 3-4 minutes (shifting occasionally). Remove from the heat and season.

4. **SIMPLE SALAD** To a salad bowl, add and toss together the remaining onion (to taste), the green leaves, the tomato, ½ the chives, the lime juice, a drizzle of olive oil and seasoning. Set aside.

5. **TIME TO DINE** Make a bed of the steaming rice. Top with the roasted sweet potato, the bean mixture, and side with the fresh tomato salad. Drizzle over the macadamia nut yoghurt and dollop over the guacamole. Garnish with the remaining chives.