



UCOOK

Cosy Potatoes & Crispy Cannellini Beans

with spinach & piquanté peppers

Say hello to the warming, vibrant flavours of North Africa! These epic baby potatoes are infused with harissa and crisped to perfection. Add extra texture from roasted cannellini beans, a zing from salsa, the sweetness of dates, and the creaminess of a minty cashew dressing, and you've got yourself one of the most delicious and satisfyingly yum dishes!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

Veggie

Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc 2023

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Ingredients & Prep

750g	Baby Potatoes <i>rinse & halve</i>
360g	Cannellini Beans <i>drain & rinse</i>
60ml	Pesto Princess Harissa Paste
150g	Cucumber <i>rinse & finely dice</i>
60g	Piquanté Peppers <i>drain</i>
3	Spring Onions <i>rinse & thinly slice</i>
75g	Pitted Dates <i>roughly chop</i>
120ml	Cashew Nut Cream Cheese
8g	Fresh Mint <i>rinse, pick & roughly chop</i>
2	Lemons <i>zest & cut 1½ into wedges</i>
225g	Spinach <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk or Milk Alternative (optional)
Butter (optional)

1. OFF YOU GO! Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Place the drained cannellini beans in a bowl, and coat in oil and seasoning. Combine the harissa with 20ml of oil. Set the beans and harissa aside.

2. HARISSA & CANNELLINI When the potatoes reach the halfway mark, coat in the harissa oil (to taste) and return to the oven. Pop in the tray of beans and cook for the remaining roasting time until crispy, 10-15 minutes.

3. GET DRESSED & DO THE SALSA Place the diced cucumber, the diced piquanté peppers, the sliced spring onion, and the chopped dates in a bowl. Toss together with a drizzle of olive oil and seasoning. Set aside for serving. Place the cashew cream cheese in a small bowl. Mix in ¾ of the chopped mint, a squeeze of lemon juice (to taste), and the zest (to taste). Gradually loosen with milk, a milk alternative, or water until drizzling consistency and season.

4. SAUTÉ AWAY Place a pan over medium-high heat with a drizzle of oil or knob of butter. When hot, sauté the shredded spinach until wilted, 5-6 minutes. Add a generous squeeze of lemon, season, and remove from the heat.

5. FLAVOUR BURST! Make a bed of the lemony spinach and pile on the harissa potatoes and the cannellini beans. Scatter over the salsa and drizzle with the minty cashew dressing. Garnish with the remaining mint and serve with any remaining lemon wedges. Delicious, Chef!

Nutritional Information

Per 100g

Energy	330kJ
Energy	79kcal
Protein	2.6g
Carbs	14g
of which sugars	4.3g
Fibre	2.7g
Fat	1.6g
of which saturated	0.2g
Sodium	202mg

Allergens

Allium, Sulphites, Tree Nuts

Eat
Within
4 Days