



# UCCOOK

## Sweet Potato & Avo Beef Buddah Bowl

with Pesto Princess Harissa Paste

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Samantha Manne

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

### Nutritional Info

	Per 100g	Per Portion
Energy	633kJ	4691kJ
Energy	151kcal	1121kcal
Protein	5.5g	40.7g
Carbs	11g	81g
of which sugars	5.4g	40.1g
Fibre	2.8g	21.1g
Fat	9.6g	70.9g
of which saturated	2.7g	19.7g
Sodium	137mg	1019mg

**Allergens:** Cow's Milk, Allium, Sulphites

**Spice Level:** Moderate

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks
150g	300g	Beef Mince
20ml	40ml	Pesto Princess Harissa Paste
20ml	40ml	Low Fat Cottage Cheese
20g	40g	Danish-style Feta <i>drain</i>
20ml	40ml	Honey
10ml	20ml	Lemon Juice
1	1	Avocado <i>cut in half &amp; roughly dice ½</i> <i>[1]</i>
20g	40g	Pickled Onions <i>roughly slice</i>
50g	100g	Cucumber <i>rinse &amp; roughly slice into rounds</i>
5ml	10ml	Dried Chilli Flakes

## From Your Kitchen

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

**1. ROAST** Coat the sweet potato in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Mix in the harissa and a splash of water. Fry until fragrant, 1-2 minutes. Remove from the pan and season.

**3. SOME PREP** In a small bowl, combine the cottage cheese and the feta. Return the pan to medium heat with the honey and lemon juice. Simmer until slightly silky and bubbling, 2-3 minutes. Remove from the pan.

**4. DINNER IS READY** Dish up the sweet potato and serve with the harissa mince, avocado, mixed cottage cheese, pickled onion, cucumber, and a drizzle of lemony honey. Sprinkle with chili flakes (to taste), buddha bowl style. Well done, Chef!