

UCCOOK

Sweet Potato & Date Tagine

with harissa, almonds & cashew nut yoghurt

A chunky tomato-based stew with sweet potato, green beans, and spicy harissa is generously poured over quinoa, which has been tossed with pitted dates and fresh mint. It is finished off with toasted almonds and spattered with creamy cashew nut yoghurt.

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Veggie

 Creation Wines | Creation Chardonnay

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

Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
75ml	Quinoa <i>rinsed</i>
15g	Almonds
80g	Green Beans <i>rinsed, trimmed & halved</i>
1	Garlic Clove <i>peeled & grated</i>
200g	Cooked Chopped Tomato
15ml	Pesto Princess Harissa Paste
3g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
20g	Pitted Dates <i>roughly chopped</i>
1	Lemon <i>½ rinsed, zested & cut into wedges</i>
50ml	Cashew Nut Yoghurt

From Your Kitchen

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

1. WARM VEGGIES Preheat the oven to 200°C. Spread the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway).

2. COOK UP THE QUINOA Place the rinsed quinoa in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. TOASTY ALMONDS Place a pot for the tagine over a medium heat. When hot, toast the almonds until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

4. SIMMER THE TAGINE When the sweet potato chunks reach the halfway mark, return the pot to medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans until cooked al dente, 3-4 minutes. Toss with a drizzle of olive oil, season, and remove from the pot. Wipe down the pot and return to medium heat with a drizzle of oil. When hot, sauté the grated garlic until fragrant, about a minute. Pour in the cooked chopped tomato and 50ml of water, give it a stir, and simmer until thickened, 8-10 minutes. Add a sweetener and the harissa paste (to taste).

5. FINISH THE QUINOA & SAUCE Toss ½ of the chopped mint and ¾ of the chopped dates through the cooked quinoa. Add lemon zest (to taste), lemon juice, and seasoning. Set aside for serving. Once the roast is done, add the cooked sweet potato to the harissa tagine along with the green beans and seasoning. Set aside.

6. YOUR TAGINE QUEEN! To serve, make a bed of delicious quinoa and smother it in the spicy tagine. Sprinkle over the remaining mint and dates. Garnish with the toasted almonds and the remaining lemon zest (to taste). Top with a hearty dollop of cashew nut yoghurt and serve with a lemon wedge on the side. Delish!



Chef's Tip

Grains like quinoa should be rinsed with cold water before cooking to remove excess starch. Doing so also gets rid of any dirt that may have slipped through during processing.

Nutritional Information

Per 100g

Energy	444kj
Energy	106kcal
Protein	3.1g
Carbs	18g
of which sugars	6.1g
Fibre	3g
Fat	2.4g
of which saturated	0.2g
Sodium	106mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 5
Days