

Eat Within 4 Days

Cosy Potatoes & Crispy Cannellini Beans

with spinach & piquanté peppers

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	382kJ	2447kJ
Energy	91kcal	585kcal
Protein	2.9g	18.4g
Carbs	15g	98g
of which sugars	5g	31.8g
Fibre	2.7g	17g
Fat	1.8g	11.4g
of which saturated	0.2g	1.5g
Sodium	259mg	1660mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes *rinse & halve*
120g	240g	Cannellini Beans *drain & rinse*
20ml	40ml	Pesto Princess Harissa Paste
50g	100g	Cucumber *rinse & finely dice*
20g	40g	Piquanté Peppers *drain*
1	2	Spring Onion/s *rinse & thinly slice*
25g	50g	Pitted Dates *roughly chop*
30ml	60ml	Cashew Nut Cream Cheese
3g	5g	Fresh Mint *rinse, pick & roughly chop*
15ml	30ml	Lemon Juice
75g	150g	Spinach *rinse & roughly shred*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Plant-based Milk (optional)
Plant-based Butter (optional)
Milk (optional)

1. OFF YOU GO! Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the cannellini beans in a bowl, and coat in oil and seasoning. Combine the harissa with 5ml [10ml] of oil. Set the beans and harissa aside.

2. HARISSA & CANNELLINI When the potatoes reach the halfway mark, remove from the oven and coat in the harissa oil (to taste). Scatter over the beans, spread out evenly, and return to the oven for the remaining cooking time until crispy, 10-15 minutes.

3. GET DRESSED & DO THE SALSA Place the cucumber, the piquanté peppers, the spring onion, and the 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 mint and the lemon juice (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 plant-based butter. When hot, sauté the spinach until wilted, 3-4 minutes. Add some lemon juice (to taste), seasoning, 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. Delicious, Chef!