



# QCOOK

## Apple & Sweet Potato Bowl

with dried apricots, artichokes & a citrus dressing

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Veggie:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	374kJ	2628kJ
Energy	89kcal	628kcal
Protein	1.9g	13.7g
Carbs	14.3g	100.7g
of which sugars	6.6g	46g
Fibre	2.4g	16.9g
Fat	2.5g	17.5g
of which saturated	0.3g	2.3g
Sodium	94mg	658mg

**Allergens:** Sulphites, Tree Nuts, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
750g	1kg	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
15ml	20ml	NOMU One For All Rub
30g	40g	Pecan Nuts <i>roughly chop</i>
150g	200g	Corn
125ml	160ml	Cashew Nut Cream Cheese
90ml	120ml	Citrus Juice <i>(30ml [40ml] Lemon Juice &amp; 60ml [80ml] Orange Juice)</i>
60g	80g	Salad Leaves <i>rinse</i>
2	2	Apples <i>rinse, peel, core &amp; thinly slice 1½ [2]</i>
120g	160g	Artichoke Quarters <i>drain &amp; cut into bite-sized pieces</i>
150g	200g	Cucumber <i>rinse &amp; cut into thin matchsticks</i>
30g	40g	Dried Apricots <i>roughly chop</i>

## From Your Kitchen

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Seasoning (salt & pepper)  
Water  
Oil (cooking, olive or coconut)  
Sugar/Sweetener/Honey

- 1. AND WE'RE OFF!** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. YES, I PE-CAN** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CHARRED CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. CITRUS SENSATION** In a bowl, combine the cashew cream cheese with the citrus juice (to taste), a sweetener (to taste), a drizzle of olive oil, and seasoning. Set aside.
- 5. COLOURFUL CUISINE** To a salad bowl, add the salad leaves, apple, corn, artichokes, cucumber, apricots, and ½ the nuts. Toss together with ½ the citrus dressing and set aside.
- 6. IMPRESSIVE, CHEF!** Serve up the loaded salad and top with the sweet potato. Drizzle over the remaining citrus dressing and garnish with the remaining nuts.