

UCOOK

Harissa Potato & Cannellini Crunch

with citrusy spinach, piquanté peppers & a cashew cream dressing

Vibrant flavour and texture! These stunning baby potatoes are infused with harissa oil and crisped to perfection. With extra crunch from salsa and roast cannellini beans, sweetness from dates, and creaminess from cashew dressing.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 **Vegetarian**

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
120g	Cannellini Beans <i>drained & rinsed</i>
30ml	Pesto Princess Harissa
50g	Cucumber <i>finely diced</i>
15g	Diced Piquanté Peppers <i>drained</i>
1	Spring Onion <i>thinly sliced</i>
25g	Pitted Dates <i>roughly chopped</i>
50ml	Cashew Cream Cheese
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
1	Lemon <i>one ½ zested & cut into wedges</i>
75g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. OFF YOU GO! Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Lightly coat in oil and seasoning. Roast in the hot oven for 30-35 minutes. Place the drained cannellini beans in a bowl, and coat in oil and seasoning. Combine the harissa paste with 1 tsp of oil. Set both 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 cannellini beans, spread out evenly, and return to the oven for the remaining cooking time. On completion, the cannellini beans should be crispy and the potatoes should be cooked through and golden.

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

4. SAUTÉ THE SPINACH Place a pan over a medium-high heat with a drizzle of oil or knob of butter. When hot, sauté the shredded spinach for 3-4 minutes until wilted. Add a generous squeeze of lemon, season, and remove from the heat.

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



Chef's Tip

The humble little lemon really is packed with vitamin C! It acts as a powerful antioxidant, neutralizing free radicals and so preventing cell damage – which means you get major benefits to your immune system and skin health!

Nutritional Information

Per 100g

Energy	444kJ
Energy	106Kcal
Protein	3.1g
Carbs	15g
of which sugars	4.7g
Fibre	2.6g
Fat	2.9g
of which saturated	0.1g
Sodium	247mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days