

UCOOK

Thai Sweet Potato Salad

with warm beans & a coconut milk and peanut butter sauce

Speedy and satisfying! Our peanut satay sauce is infused with Thai curry paste, coconut milk, and fresh lime. Decorated with chilli, coriander, and peanuts, it spills over caramelised sweet potato and a vibrant mix of green and black beans.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Alex Levett

 Vegetarian

 No paired wines

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Ingredients & Prep

750g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
30g	Peanuts
300g	Green Beans <i>rinsed, trimmed & halved</i>
360g	Black Beans <i>drained & rinsed</i>
22,5ml	Thai Red Curry Paste
150ml	Story Time Plain Peanut Butter
300ml	Coconut Milk
3	Limes <i>zested & cut into wedges</i>
120g	Salad Leaves <i>rinsed</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>
2	Fresh Chillies <i>deseeded & finely sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ROAST YOUR CHUNKS Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. CARAMEL-COLOURED NUTS Place the peanuts in a large pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop.

3. GREEN & BLACK When the roast is at the halfway mark, return the pan to a medium-high heat with a drizzle of oil. When hot, fry the halved green beans for 5-6 minutes until softened slightly. During the final 3 minutes, stir in the drained black beans and cook until heated through, shifting occasionally. Remove from the pan on completion, season and place in a bowl. Cover to keep warm.

4. SILKY SATAY SAUCE Return the pan to a low-medium heat with another drizzle of oil. Add in the Thai red curry paste (to taste) and fry for 1-2 minutes until fragrant, shifting continuously. Add the peanut butter and mix until fully combined. Then, vigorously whisk in the coconut milk and 200ml of warm water. Allow to simmer for 6-7 minutes until thickened and silky. On completion, whisk in some lime zest and a squeeze of lime juice (we encourage using a generous amount of lime!) Season to taste and remove from the heat. Just before serving, toss the rinsed green leaves with some olive oil and seasoning.

5. CREAMY SATAY SUPPER Arrange a bed of rinsed salad leaves and top with the roast sweet potato. Cover in the mixed beans and drizzle over the silky satay sauce. Garnish with the toasted peanuts, chopped coriander, and fresh, sliced chilli. Warm and comforting!



Chef's Tip

If not handled correctly, nut butters can sometimes split when cooked. If yours does begin to split, a simple rescue tip is to add a little hot water and whisk vigorously to bring it back together!

Nutritional Information

Per 100g

Energy	536kj
Energy	128Kcal
Protein	4.2g
Carbs	12g
of which sugars	3.5g
Fibre	2.9g
Fat	6.7g
of which saturated	2.7g
Sodium	148mg

Allergens

Allium, Peanuts, Sulphites

Cook
within
4 Days