



UCOOK

Fully Loaded Sweet Potato Fries

with chilli cheese, cremè fraîche & a spinach and charred corn salad

Would you believe, we put chilli cheese on BBQ basted sweet potato fries? Well, we did, and not only that, we added a charred corn and spinach salad! Oh, and sprinkles of coriander and crispy onions? Yes indeed! Dollops of cremè fraîche? You betcha!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Thea Richter

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

250g	Sweet Potato <i>peeled (optional) & cut into 1cm thick fries</i>
100g	Corn
1	Onion <i>½ peeled & roughly diced</i>
1	Fresh Chilli <i>deseeded & roughly chopped</i>
120g	Black Beans <i>drained & rinsed</i>
200g	Cooked Chopped Tomato
20g	Spinach <i>rinsed</i>
30ml	Cornflour
7,5ml	NOMU BBQ Rub
50g	Grated Cheddar & Mozzarella Cheese Mix
45ml	Crème Fraîche
15ml	Crispy Onions
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. LET'S GO! Fill a pot, large enough for the sweet potato fries, with salted water. Place over high heat and bring to a boil. Once boiling, add the fries and boil for 5-6 minutes until slightly softened. On completion, drain the fries on paper towel.

2. CHAR Place a pan over high heat with a drizzle of oil. Once hot, add the corn and fry for 3-5 minutes until slightly charred, shifting constantly. Place in a salad bowl.

3. BEAN CHILLI Preheat the oven to the grill setting or the highest temperature. Return the pan to a medium-high heat with a drizzle of oil. Fry the diced onion and for 4-5 minutes until softened. Add the chopped chilli and fry for about a minute until fragrant. Stir through the drained beans, cooked chopped tomato, sweetener of choice, 100ml of water and leave to simmer for 7-8 minutes until reduced and thickened. In the final minute, stir through ½ of the rinsed spinach and some seasoning.

4. GOLDEN FRIES Return the pot to a medium-high heat and fill with enough oil to deep fry the fries. Place the cornflour in a bowl with some seasoning and gently toss through the fries until fully coated. Once the oil is hot, deep fry the fries for about 3-5 minutes until crispy and golden. Remove from the oil and drain on paper towel. On completion, place the sweet potato fries in a bowl with the BBQ rub and seasoning, and toss until coated.

5. CHEESY CHILLI Place the bean chilli in an ovenproof dish and sprinkle over the grated cheese. Place in the oven and leave for 3-5 minutes until the cheese is melted and golden. In the salad bowl with the corn, add the remaining spinach, a drizzle of oil and seasoning. Toss until fully combined.

6. OMG! Cover a plate in the crispy sweet potato fries. Top with the cheesy chilli and side with the charred corn salad. Sprinkle over the chopped coriander, crispy onions, and dollop with some crème fraîche. The wait is over!



Chef's Tip

If you have an airfryer, use it to fry your fries instead of deep frying them!

Nutritional Information

Per 100g

Energy	433kj
Energy	104Kcal
Protein	3.5g
Carbs	13g
of which sugars	5g
Fibre	2.3g
Fat	4.2g
of which saturated	2.3g
Sodium	145mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook
within
4 Days