



UCOOK

Cosy Harissa Potato & Crispy Beans

with citrusy spinach, piquanté peppers & a cashew cream dressing

The warming, vibrant flavour of North Africa! These epic baby potatoes are infused with harissa and crisped to perfection. With extra crunch from roast cannellini beans, a ping from salsa, sweetness from dates, and creaminess from a minty cashew dressing.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Vegetarian

 Steenberg Vineyards | Semillon

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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>
30g	Piquanté Peppers <i>drained & diced</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>½ zested & cut into wedges</i>
75g	Spinach <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. OFF YOU GO! Preheat the oven to 200°C. Place the halved baby potatoes on a roasting tray. Lightly coat in oil, season, and spread out in a single layer. 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 with 5ml 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 beans, spread out evenly, and return to the oven for the remaining cooking time. On completion, the beans should be crispy and the potatoes should be cooked through and golden.

3. SALSA & DRESSING Place the diced cucumber and piquanté peppers, sliced spring onion, and chopped dates in a bowl. Toss together with a drizzle of oil and some seasoning. Set aside for serving. 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. Season and set 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 over the salsa and drizzle with the minty cashew dressing. Garnish with the remaining mint and serve with any remaining lemon wedges. Delicious, Chef!

Nutritional Information

Per 100g

Energy	449kJ
Energy	107Kcal
Protein	3.1g
Carbs	15g
of which sugars	5g
Fibre	2.5g
Fat	3g
of which saturated	0.1g
Sodium	242mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days