



# UCOOK

## Potato & Bell Pepper Chilli

with cashew nut yoghurt & fresh coriander

A bed of fluffy quinoa is smothered in fragrant & flavourful potato chilli dotted with kidney beans and bell pepper pieces. Finished with dollops of cashew nut yoghurt and a scattering of fresh coriander.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Samantha du Toit

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Veggie

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Deetlefs Wine Estate | Deetlefs Estate Merlot

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## Ingredients & Prep

600g	Potato Chunks <i>rinse &amp; cut into small pieces</i>
30ml	NOMU Mexican Spice Blend
225ml	Quinoa <i>rinse</i>
2	Vegetable Stock Sachets
2	Onions <i>peel &amp; roughly dice 1½</i>
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into bite-sized pieces</i>
2	Garlic Cloves <i>peel &amp; grate</i>
3	Fresh Chillies <i>rinse, deseed &amp; finely slice</i>
300ml	Tomato Passata
180g	Kidney Beans <i>drain &amp; rinse</i>
150ml	Cashew Nut Yoghurt
8g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. ROAST** Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil, the NOMU spice blend, and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

**2. FLUFFY QUINOA** Boil a full kettle. Place the rinsed quinoa in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**3. POTATO CHILLI** Dilute 1½ of the stock sachets with 450ml of boiling water. Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onions and the pepper pieces until soft but still crunchy, 5-6 minutes. Add the grated garlic and the sliced chilli (to taste), and fry until fragrant, 1-2 minutes. Add the tomato passata and the diluted stock. Simmer until thickening, 12-15 minutes. In the final 5 minutes, add the rinsed kidney beans and leave to simmer until warmed through. Add a sweetener (to taste), season, and mix in the roasted potato.

**4. JUST BEFORE SERVING** In a small bowl, combine the cashew nut yoghurt, ½ the chopped coriander, and seasoning.

**5. TIME TO EAT** Make a bed of the fluffy quinoa, top with the potato chilli, and dollop over the coriander cashew nut yoghurt. Garnish with the remaining coriander. Great job, Chef!

## Nutritional Information

Per 100g

Energy	337kJ
Energy	80kcal
Protein	2.8g
Carbs	14g
of which sugars	2.9g
Fibre	2.4g
Fat	1.2g
of which saturated	0.1g
Sodium	116mg

## Allergens

Allium, Sulphites, Tree Nuts

Eat  
Within  
3 Days