

QCOOK

Black Bean & Sweet Potato Bowl

with guacamole & fresh chives

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	420kj	3895kj
Energy	100kcal	930kcal
Protein	2.3g	21.4g
Carbs	16g	148g
of which sugars	3g	27.8g
Fibre	2.9g	27g
Fat	2.9g	26.7g
of which saturated	0.1g	1g
Sodium	163mg	1514mg

Allergens: Tree Nuts, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
250g	500g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
10ml	20ml	Old Stone Mill Mexican Spice
1	1	Onion <i>peel & finely dice ½ [1]</i>
120g	240g	Black Beans <i>drain & rinse</i>
20g	40g	Green Leaves <i>rinse & shred</i>
1	1	Tomato <i>rinse & roughly dice</i>
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
10ml	20ml	Lime Juice
40ml	80ml	ButtaNutt Macadamia Nut Yoghurt
1 pack	1 packs	Guacamole

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **READY THE RICE** Preheat the oven to 200°C. Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. **MMEXICAN SWEET POTATO** Spread the sweet potato on a roasting tray. Coat in oil, the Mexican spice and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. **BEAN & ONION MEDLEY** Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the onion until golden, 4-5 minutes (shifting occasionally). Add the beans and fry until charred, 3-4 minutes (shifting occasionally). Remove from the heat and season.

4. **SIMPLE SALAD** To a salad bowl, add and toss together the remaining onion (to taste), the green leaves, the tomato, ½ the chives, the lime juice, a drizzle of olive oil and seasoning. Set aside.

5. **TIME TO DINE** Make a bed of the steaming rice. Top with the roasted sweet potato, the bean mixture, and side with the fresh tomato salad. Drizzle over the macadamia nut yoghurt and dollop over the guacamole. Garnish with the remaining chives.