



UCCOOK

Sweet Potato, Avo & Pork Buddha Bowl

with Pesto Princess Harissa Paste

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha Manne

Wine Pairing: Delheim Wines | Delheim Gewürztraminer

Nutritional Info

	Per 100g	Per Portion
Energy	615kJ	4990kJ
Energy	147kcal	1193kcal
Protein	5.3g	43.3g
Carbs	10g	82g
of which sugars	5.1g	41.3g
Fibre	2.7g	21.7g
Fat	9.5g	77.2g
of which saturated	2.8g	22.5g
Sodium	141mg	1144mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Sweet Potato Chunks
150g	300g	Pork Mince
20ml	40ml	Pesto Princess Harissa Paste
30ml	60ml	Low Fat Cottage Cheese
30g	60g	Danish-style Feta <i>drain</i>
20ml	40ml	Honey
10ml	20ml	Lemon Juice
1	1	Avocado <i>cut in half & roughly dice ½</i> <i>[1]</i>
20g	40g	Pickled Onions <i>roughly slice</i>
100g	200g	Cucumber <i>rinse & roughly slice into rounds</i>
5ml	10ml	Dried Chilli Flakes

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

1. ROAST Coat the sweet potato in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Mix in the harissa and a splash of water. Fry until fragrant, 1-2 minutes. Remove from the pan and season.

3. SOME PREP In a small bowl, combine the cottage cheese and the feta. Return the pan to medium heat with the honey and lemon juice. Simmer until slightly silky and bubbling, 2-3 minutes. Remove from the pan.

4. DINNER IS READY Dish up the sweet potato and serve with the harissa mince, avocado, mixed cottage cheese, pickled onion, cucumber, and a drizzle of lemony honey. Sprinkle with chilli flakes (to taste), buddha bowl style. Well done, Chef!