



UCOOK

Mexican Sweet Potato & Corn Bowl

with black beans, sun-dried tomatoes & sour cream

A salad like no other! Roasted sweet potato is tossed with charred corn & beans, baby spinach, cucumber, sun-dried tomatoes, and sliced chilli, all drizzled with a zesty lemon & olive oil dressing. Topped with loosened sour cream & toasted almonds.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Veggie

 Waterford Estate | Waterford Old Vine Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
10ml	NOMU Mexican Spice Blend
10g	Almonds <i>roughly chopped</i>
50g	Corn
120g	Black Beans <i>drained & rinsed</i>
15ml	Lemon Juice
20g	Green Leaves <i>rinsed</i>
100g	Cucumber <i>rinsed & cut into half-moons</i>
30g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded & finely sliced</i>
40ml	Sour Cream

From Your Kitchen

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

1. GOLDEN SWEET POTATOES Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil, ½ the NOMU spice blend, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. NUTTY ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CORN & BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Add the drained beans and the remaining NOMU spice blend. Fry until heated through, 1-2 minutes. Remove from the pan, season, and set aside.

4. MEXICAN SALAD In a salad bowl, combine the lemon juice with 15ml of olive oil and seasoning. Toss through the rinsed green leaves, the cucumber half-moons, the chopped sun-dried tomatoes, the sliced chilli (to taste), the charred corn & beans, and the roasted sweet potato.

5. SOUR CREAM DRIZZLE Place the sour cream in a small bowl and loosen with water in 5ml increments until drizzling consistency. Season and set aside.

6. GET BOWLED OVER! Bowl up the Mexican sweet potato & corn salad. Drizzle over the loosened sour cream and scatter over the toasted almonds. Tuck in, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, the NOMU spice blend, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	414kJ
Energy	99kcal
Protein	2.9g
Carbs	14g
of which sugars	4.5g
Fibre	3.1g
Fat	3.2g
of which saturated	1g
Sodium	170mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days