

Eat Within 4 Days

# Cosy Potatoes & Crispy Cannellini Beans

**with spinach & piquanté peppers**

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 382kJ | 2447kJ |
| Energy | 91kcal | 585kcal |
| Protein | 2.9g | 18.4g |
| Carbs | 15g | 98g |
| of which sugars | 5g | 31.8g |
| Fibre | 2.7g | 17g |
| Fat | 1.8g | 11.4g |
| of which saturated | 0.2g | 1.5g |
| Sodium | 259mg | 1660mg |

**Allergens:** Sulphites, Tree Nuts, Allium

**Spice Level:** Mild

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|---|---|---|
| 750g | 1kg | Baby Potatoes<br>*rinse & halve* |
| 360g | 480g | Cannellini Beans<br>*drain & rinse* |
| 60ml | 80ml | Pesto Princess Harissa Paste |
| 150g | 200g | Cucumber<br>*rinse & finely dice* |
| 60g | 80g | Piquanté Peppers<br>*drain* |
| 3 | 4 | Spring Onions<br>*rinse & thinly slice* |
| 75g | 100g | Pitted Dates<br>*roughly chop* |
| 90ml | 125ml | Cashew Nut Cream Cheese |
| 8g | 10g | Fresh Mint<br>*rinse, pick & roughly chop* |
| 45ml | 60ml | Lemon Juice |
| 225g | 300g | Spinach<br>*rinse & roughly shred* |

## From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Plant-based Milk (optional)
Plant-based Butter (optional)
Milk (optional)

1. OFF YOU GO! Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway). Place the cannellini beans in a bowl, and coat in oil and seasoning. Combine the harissa with 20ml [30ml] of oil. Set the beans and harissa 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 until crispy, 10-15 minutes.

3. GET DRESSED & DO THE SALSA Place the cucumber, the piquanté peppers, the spring onion, and the dates in a bowl. Toss together with a drizzle of olive oil and seasoning. Set aside for serving. Place the cashew cream cheese in a small bowl. Mix in ¾ of the mint and the lemon juice (to taste). Gradually loosen with milk, a milk alternative, or water until drizzling consistency and season.

4. SAUTÉ AWAY Place a pan over medium-high heat with a drizzle of oil or knob of plant-based butter. When hot, sauté the spinach until wilted, 5-6 minutes. Add some lemon juice (to taste), seasoning, and remove from the heat.

5. FLAVOUR BURST! Make a bed of the lemony spinach and pile on the harissa potatoes and the cannellini beans. Scatter over the salsa and drizzle with the minty cashew dressing. Garnish with the remaining mint. Delicious, Chef!