

UCOOK

Vegetarian Harissa Potato & Bean Roast

with sour cream & piquanté peppers

These epic baby potatoes are infused with harissa and crisped to perfection. Add extra texture from roasted cannellini beans, crunchy cucumbers, piquanté peppers, and creamy sour cream, and you've got yourself one of the most delicious and satisfyingly yummy vegetarian dishes!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Stettyn Wines | Stettyn Family Range Chenin Blanc 2023

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Ingredients & Prep

250g	Baby Potatoes <i>rinse & halve</i>
120g	Cannellini Beans <i>drain & rinse</i>
20ml	Pesto Princess Harissa Paste
30ml	Sour Cream
20g	Green Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & roughly dice</i>
20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. ROAST POTATO Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Place the drained cannellini beans in a bowl. Coat in oil and seasoning. In a separate bowl, combine the harissa with 5ml of oil. Set the dressed beans and the harissa oil aside.

2. HARISSA & CANNELLINI When the potatoes reach the halfway mark, remove from the oven and coat in the harissa oil. Scatter over the dressed beans and return to the oven for the remaining cooking time until crispy.

3. SOME PREP In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency. Season.

4. TIME TO EAT Make a bed of the shredded green leaves tossed with ½ the loosened sour cream. Top with the harissa roast, drizzle over the remaining sour cream, and scatter over the diced cucumber and the drained peppers. Easy, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). At the halfway mark, coat with the harissa oil and scatter over the dressed beans.

Nutritional Information

Per 100g

Energy	371kJ
Energy	89kcal
Protein	2.5g
Carbs	14g
of which sugars	2.7g
Fibre	2.2g
Fat	2g
of which saturated	0.7g
Sodium	63mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days