



UCOOK

Asian Sweet Chilli Tacos

with zesty coconut yoghurt, sweet potato & roasted peanuts

Dive into our umami sweet chilli tacos stuffed with roasted sweet potato, black beans, zesty coconut yoghurt, pickled cabbage, and fresh coriander.


Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

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Ingredients & Prep

400g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
40ml	Rice Wine Vinegar
150g	Shredded Cabbage & Julienne Carrot
40ml	Thai Sweet Chilli Sauce
10ml	Low Sodium Soy Sauce
120g	Black Beans <i>drained & rinsed</i>
4	Wheat Flour Tortillas
30g	Peanuts <i>roughly chopped</i>
1	Lemon <i>zested & cut into wedges</i>
100ml	Coconut Yoghurt
100g	Cucumber <i>peeled into ribbons</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. GOLDEN CHUNKS Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. IN A PICKLE In a salad bowl, add the rice wine vinegar, 40ml of water and 20ml of a sweetener of choice. Mix until the sweetener is fully dissolved. Toss through the shredded cabbage and carrot and set aside to pickle.

3. STICKY 'TATOES & BEANS In a separate bowl, mix the sweet chilli and the soy sauce. When the sweet potato has 5 minutes remaining, add the black beans and the sweet chilli soy sauce to the tray. Toss until the sweet potato and beans are fully coated in the sauce. Return to the oven for the remaining time. On completion, the potato chunks should be sticky and the beans should be warmed through.

4. WARM TORTILLAS & PEANUTS Place a clean pan over a medium heat. When hot, dry toast the tortillas one at a time for 30-60 seconds per side until heated and lightly crisped. Remove from the pan on completion. Place the peanuts in the pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

5. ZESTY YOGHURT Mix some lemon zest through the coconut yoghurt and loosen with water in 5ml increments until drizzling consistency. Drain the pickling liquid from the cabbage and carrot.

6. DIG IN! Sprinkle the pickled cabbage and carrot over the warm tortillas. Cover with the sticky sweet potato and beans and top with the fresh cucumber ribbons. Drizzle over the zesty yoghurt, sprinkle over the chopped peanuts and the chopped coriander. Squeeze over some lemon juice and serve with any remaining wedges. Wow!



Chef's Tip

Reserve the pickling liquid from the pickled cabbage and carrot, store it in the fridge, and use it a second time in another meal!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121Kcal
Protein	3.3g
Carbs	19g
of which sugars	5.5g
Fibre	2.4g
Fat	2.9g
of which saturated	1g
Sodium	254mg

Allergens

Gluten, Allium, Peanuts, Wheat,
Sulphites, Soy

Cook
within 1
Day