



# UCOOK

## Cosy Potatoes & Crispy Cannellini Beans

with spinach & piquanté peppers

Say hello to the warming, vibrant flavours of North Africa! These epic baby potatoes are infused with harissa and crisped to perfection. Add extra texture from roasted cannellini beans, a zing from salsa, the sweetness of dates, and the creaminess of a minty cashew dressing, and you've got yourself one of the most delicious and satisfyingly yum dishes!

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Veggie

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Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc 2023

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## Ingredients & Prep

250g	Baby Potatoes <i>rinse &amp; halve</i>
120g	Cannellini Beans <i>drain &amp; rinse</i>
20ml	Pesto Princess Harissa Paste
50g	Cucumber <i>rinse &amp; finely dice</i>
20g	Piquanté Peppers <i>drain</i>
1	Spring Onion <i>rinse &amp; thinly slice</i>
25g	Pitted Dates <i>roughly chop</i>
40ml	Cashew Nut Cream Cheese
3g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
1	Lemon <i>zest &amp; cut ½ into wedges</i>
75g	Spinach <i>rinse &amp; roughly shred</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Milk or Milk Alternative (optional)  
Butter (optional)

**1. OFF YOU GO!** 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, and coat in oil and seasoning. Combine the harissa with 5ml 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 diced cucumber, the diced piquanté peppers, the sliced spring onion, and the chopped 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 chopped mint, a squeeze of lemon juice (to taste), and the zest (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 butter. When hot, sauté the shredded spinach until wilted, 3-4 minutes. Add a generous squeeze of lemon, season, 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 and serve with any remaining lemon wedges. Delicious, Chef!

## Nutritional Information

Per 100g

Energy	330kJ
Energy	79kcal
Protein	2.6g
Carbs	14g
of which sugars	4.3g
Fibre	2.7g
Fat	1.6g
of which saturated	0.2g
Sodium	202mg

## Allergens

Allium, Sulphites, Tree Nuts

Eat  
Within  
4 Days