



UCOOK

Creamy Spinach-Potato Grilled Parcels

with a cannellini bean salad

With its rich, creamy texture, and slightly sweet taste, Italian mascarpone cheese makes these parcels a must-try treat. Together with mashed potato, earthy spinach & special spice mix, stuffed tortilla triangles are fried until golden in butter. A side of mustard vinaigrette-coated salad with cannellini beans, feta, tomatoes & cucumber make this meal a top-rated choice.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Veggie

 Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into small bite-sized pieces</i>
1	Spring Onion <i>rinse, trim & finely slice</i>
15ml	Spice Mix <i>(10ml NOMU One For All Rub & 5ml Garlic Powder)</i>
50g	Spinach <i>rinse & finely shred</i>
60g	Cannellini Beans <i>drain & rinse</i>
50ml	Mascarpone Cheese
2	Wheat Flour Tortillas
20ml	Mustard Dressing <i>(15ml Red Wine Vinegar & 5ml Dijon Mustard)</i>
20g	Danish-style Feta <i>drain</i>
50g	Cucumber <i>rinse & roughly dice</i>
1	Tomato <i>rinse & roughly dice</i>

From Your Kitchen

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

1. SOFT POTATOES Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 10-15 minutes. Drain and return to the pot. Mash with a fork, season, and cover.

2. SPINACH Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced spring onion and the spice mix until fragrant, 2-3 minutes. Add the shredded spinach and fry until the spinach is wilted, 3-4 minutes. Season and remove from the pan.

3. BEANS Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, fry the rinsed beans until lightly caramelised and warmed through, 4-5 minutes (shifting occasionally). Remove from the heat and season.

4. CREAMY FILLING & SALAD To the pot with the mashed potato, add the cooked spinach and the mascarpone cheese, and mix to combine. Place the mixture onto one side of the tortillas, then fold the other half over to form a half-moon shape. In a salad bowl, combine the mustard dressing (to taste) and a drizzle of olive oil. Toss through the beans, the drained feta, and the diced cucumber & tomato. Season and set aside.

5. GOLDEN MOONS Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the half-moons until golden, 1-2 minutes per side. Remove from the pan and drain on paper towel.

6. TIME TO EAT Plate up the loaded parcels and side with the bean salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	489kJ
Energy	117kcal
Protein	4g
Carbs	18g
of which sugars	1.9g
Fibre	2.8g
Fat	3g
of which saturated	1.7g
Sodium	332mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
4 Days