

# UCOOK

## Mexican Loaded Baked Potato

**with black beans, avo & cashew nut cream cheese**

There's nothing quite as comforting and familiar as a jacket potato with all the trimmings. We've given this one a Mexican twist with a black bean, tomato, and piquanté pepper topping. Sided with a charred corn & pickled red onion salad and lemony avo slices. All garnished with drippings of cashew nut cream cheese and fresh coriander.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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Veggie

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 Creation Wines | Creation Chenin Blanc

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## Ingredients & Prep

200g	Potato <i>rinse</i>
1	Lemon <i>rinse, zest &amp; cut ½ into wedges</i>
1	Onion <i>peel &amp; finely slice ¼</i>
1	Avocado
50g	Corn
1	Tomato <i>rinse &amp; roughly dice</i>
20g	Piquanté Peppers <i>drain</i>
60g	Black Beans <i>drain &amp; rinse</i>
10ml	NOMU Mexican Spice Blend
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
3g	Fresh Coriander <i>rinse &amp; pick</i>
40ml	Cashew Nut Cream Cheese

## From Your Kitchen

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

**1. HOT POTATO** Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potato in half lengthways — don't remove the skin! Coat in oil, season, and place on the tray cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 30-35 minutes.

**2. QUICK PICKLE** In a bowl, combine the juice of 1 lemon wedge, a sweetener (to taste), and seasoning. Add the sliced onion and toss until coated. Set aside to pickle.

**3. AVO-COURSE!** Halve the avocado and set aside the half containing the pip. Peel off the avocado skin, keeping the flesh intact. Slice the flesh, squeeze over some lemon juice and season. Set aside.

**4. CHARRED CORN** Place a pan over high heat with a drizzle of oil. When hot, add the corn and fry until lightly charred, 3-4 minutes (shifting occasionally). Remove ½ the corn from the pan and set aside in a salad bowl.

**5. TIME FOR THE TRIMMINGS** Return the pan, with the remaining charred corn, to medium heat with a drizzle of oil (if necessary). Add ½ the diced tomato and ½ the drained piquanté pepper. Fry until slightly cooked down, 2-3 minutes (shifting occasionally). Add the rinsed black beans, the NOMU spice blend (to taste), 25ml of water, seasoning, and a sweetener (to taste). Cook until slightly thickened, 3-5 minutes. Remove from the heat and cover to keep warm.

**6. ZESTY SALAD** To the salad bowl with the reserved charred corn, add the shredded salad leaves, the remaining tomato, ½ the pickled onion & the pickling liquid (to taste), the remaining piquanté pepper, ½ the picked coriander, some lemon juice & zest (to taste), a drizzle of oil, and seasoning. Toss until combined.

**7. PLATE UP!** Plate up the baked potato. Top each half with the black bean filling and drizzle over the cashew cream cheese. Garnish with the remaining pickled onion (to taste) and coriander. Side with the dressed avo slices and the loaded salad. Dig in, Chef!



## Chef's Tip

Rinse the sliced onions under cold water before adding the slices to the pickling liquid - this helps with softening the raw onion flavour.

## Nutritional Information

Per 100g

Energy	379kJ
Energy	91kcal
Protein	2.6g
Carbs	13g
of which sugars	2.3g
Fibre	3.3g
Fat	3.9g
of which saturated	0.6g
Sodium	101mg

## Allergens

Allium, Sulphites, Tree Nuts

Eat  
Within  
4 Days