



# UCOOK

## Sweet Potato Burrito Bowl

with a fresh avocado salsa & charred corn

If you don't like messy food, you will love this burrito-wrap-turned-into-a-bowl recipe, Chef! Featuring the same popular flavours, grab a fork and dig into a bowl of jasmine rice topped with Mexican-spiced roasted sweet potato. Completing the dish are a charred corn & bean medley and tomato-avo salsa.

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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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Stettyn Wines | Stettyn Family Range Shiraz  
2021

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## Ingredients & Prep

75ml	Jasmine Rice <i>rinse</i>
250g	Sweet Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
10ml	Old Stone Mill Mexican Spice
1	Onion <i>peel &amp; finely dice ½</i>
50g	Corn
120g	Black Beans <i>drain &amp; rinse</i>
1	Avocado
10ml	Lime Juice
1	Tomato <i>rinse &amp; roughly dice</i>
3g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>
30ml	Cashew Nut Yoghurt

## From Your Kitchen

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

**1. READY THE RICE** Preheat the oven to 200°C. Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

**2. SPICY SWEET POTATO** Spread the sweet potato pieces on a roasting tray. Coat in oil, the Mexican spice, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**3. FRIED BEANS & CORN** Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the diced onion until golden, 4-5 minutes (shifting occasionally). Add the corn and the drained beans. Fry until charred, 3-4 minutes (shifting occasionally). Remove from the heat and season.

**4. ZESTY AVO** Halve the avocado and set aside half for another meal. Peel the skin off, keeping the flesh intact. Dice the avocado and place into a bowl. Drizzle with lime juice and season.

**5. LET'S SALSA** To the bowl with the avo, toss through the remaining diced onion (to taste), the diced tomato, ½ the chopped coriander, a drizzle of olive oil, and seasoning. Set aside.

**6. BRING ON THE BURRITO BOWL** Make a bed of the steaming rice. Top with the roasted sweet potato and the charred corn & bean mixture. Side with the fresh tomato & avo salsa. Drizzle over the cashew yoghurt and garnish with the remaining chopped coriander!



## Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, the spice mix and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	431kJ
Energy	103kcal
Protein	2.4g
Carbs	17g
of which sugars	3g
Fibre	2.9g
Fat	2.8g
of which saturated	0.4g
Sodium	105mg

## Allergens

Allium, Tree Nuts

Eat  
Within  
4 Days