



QCOOK

Apple & Sweet Potato Bowl

with dried apricots, artichokes & a citrus dressing

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	374kJ	2628kJ
Energy	89kcal	628kcal
Protein	1.9g	13.7g
Carbs	14.3g	100.7g
of which sugars	6.6g	46g
Fibre	2.4g	16.9g
Fat	2.5g	17.5g
of which saturated	0.3g	2.3g
Sodium	94mg	658mg

Allergens: Sulphites, Tree Nuts, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato Chunks <i>cut into bite-sized pieces</i>
5ml	10ml	NOMU One For All Rub
10g	20g	Pecan Nuts <i>roughly chop</i>
50g	100g	Corn
40ml	80ml	Cashew Nut Cream Cheese
30ml	60ml	Citrus Juice <i>(10ml [20ml] Lemon Juice & 20ml [40ml] Orange Juice)</i>
20g	40g	Salad Leaves <i>rinse</i>
1	1	Apple <i>rinse, peel, core & thinly slice ½ [1]</i>
40g	80g	Artichoke Quarters <i>drain & cut into bite-sized pieces</i>
50g	100g	Cucumber <i>rinse & cut into thin matchsticks</i>
10g	20g	Dried Apricots <i>roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water
Oil (cooking, olive or coconut)
Sugar/Sweetener/Honey

- 1. AND WE'RE OFF!** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 2. YES, I PE-CAN** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CHARRED CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 4. CITRUS SENSATION** In a bowl, combine the cashew cream cheese with the citrus juice (to taste), a sweetener (to taste), a drizzle of olive oil, and seasoning. Set aside.
- 5. COLOURFUL CUISINE** To a salad bowl, add the salad leaves, apple, corn, artichokes, cucumber, apricots, and ½ the nuts. Toss together with ½ the citrus dressing and set aside.
- 6. IMPRESSIVE, CHEF!** Serve up the loaded salad and top with the sweet potato. Drizzle over the remaining citrus dressing and garnish with the remaining nuts.