



UCCOOK

Sweet Potato & Bean Bowl

with a fresh avocado salsa & charred corn

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	451kj	4632kj
Energy	108kcal	1108kcal
Protein	2.4g	24.3g
Carbs	16g	164g
of which sugars	2.9g	29.6g
Fibre	3.2g	33.1g
Fat	3.7g	37.9g
of which saturated	0.6g	5.8g
Sodium	99mg	1014mg

Allergens: Allium, Tree Nuts

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
750g	1kg	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
30ml	40ml	Old Stone Mill Mexican Spice
2	2	Onions <i>peel & finely dice 1½ [2]</i>
150g	200g	Corn
360g	480g	Black Beans <i>drain & rinse</i>
2	2	Avocados
30ml	40ml	Lime Juice
2	2	Tomatoes <i>rinse & roughly dice</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
120ml	160ml	Buttanut Macadamia Nut Yoghurt

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **READY THE RICE** Preheat the oven to 200°C. Place the rice in a pot with 450ml [600ml] 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 on a roasting tray. Coat in oil, the Mexican spice and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

3. **FRIED BEANS & CORN** Place a pan over medium heat with a drizzle of oil. When hot, fry ½ the onion until golden, 6-7 minutes (shifting occasionally). Add the corn and beans. Fry until charred, 4-5 minutes (shifting occasionally). Remove from the heat and season.

4. **ZESTY AVO** Halve the avocados and remove the pips. Keeping the flesh intact, peel the skin off one and a half [all] sides of the avocados. Thinly slice and set aside. 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 onion (to taste), the tomatoes, ½ the 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, the charred corn and bean mixture, and side with the fresh tomato and avo salsa. Drizzle over the macadamia nut yoghurt and garnish with the remaining coriander.