



# UCCOOK

## Cosy Potatoes & Crispy Cannellini Beans

with spinach & piquanté peppers

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Paul Cluver | Village Pinot Noir

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 320kJ    | 2699kJ      |
| Energy             | 76kcal   | 645kcal     |
| Protein            | 2.5g     | 20.8g       |
| Carbs              | 14g      | 117g        |
| of which sugars    | 4.4g     | 36.9g       |
| Fibre              | 2.7g     | 23.1g       |
| Fat                | 1.4g     | 11.8g       |
| of which saturated | 0.2g     | 1.5g        |
| Sodium             | 197mg    | 1666mg      |

**Allergens:** Sulphites, Tree Nuts, Allium

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                         |
|----------|------------|---------------------------------------------------------|
| 1        | 1          | Lemon<br><i>rinse, zest &amp; cut ½ [1] into wedges</i> |
| 1        | 2          | Spring Onion/s<br><i>rinse &amp; thinly slice</i>       |
| 25g      | 50g        | Pitted Dates<br><i>roughly chop</i>                     |
| 250g     | 500g       | Baby Potatoes<br><i>rinse &amp; halve</i>               |
| 20ml     | 40ml       | Pesto Princess Harissa Paste                            |
| 75g      | 150g       | Spinach<br><i>rinse &amp; roughly shred</i>             |
| 3g       | 5g         | Fresh Mint<br><i>rinse, pick &amp; roughly chop</i>     |
| 20g      | 40g        | Piquanté Peppers<br><i>drain</i>                        |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; finely dice</i>              |
| 30ml     | 60ml       | Cashew Nut Cream Cheese                                 |
| 120g     | 240g       | Cannellini Beans<br><i>drain &amp; rinse</i>            |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Milk or Milk Alternative (optional)  
Seasoning (salt & pepper)  
Plant-based Butter (optional)

**1. OFF YOU GO!** Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the cannellini beans in a bowl, and coat in oil and seasoning. Combine the harissa with 5ml [10ml] of oil. Set the beans and harissa aside.

**2. HARISSA & CANNELLINI** When the potatoes reach the halfway mark, remove from the oven and coat in the harissa oil (to taste). Scatter over the beans, spread out evenly, and return to the oven for the remaining cooking time until crispy, 10-15 minutes.

**3. GET DRESSED & DO THE SALSA** Place the cucumber, the piquanté peppers, the spring onion, and the dates in a bowl. Toss together with a drizzle of olive oil and seasoning. Set aside for serving. Place the cashew cream cheese in a small bowl. Mix in ¾ of the mint, a squeeze of lemon juice (to taste), and the zest (to taste). Gradually loosen with milk, a milk alternative, or water until drizzling consistency and season.

**4. SAUTÉ AWAY** Place a pan over medium-high heat with a drizzle of oil or knob of plant-based butter. When hot, sauté the spinach until wilted, 3-4 minutes. Add a generous squeeze of lemon, seasoning, and remove from the heat.

**5. FLAVOUR BURST!** Make a bed of the lemony spinach and pile on the harissa potatoes and the cannellini beans. Scatter over the salsa and drizzle with the minty cashew dressing. Garnish with the remaining mint and serve with any remaining lemon wedges. Delicious, Chef!