

UCOOK

Fully Loaded Sweet Potato Fries

with chilli cheese, cremè fraîche & a spinach and charred corn salad

Would you believe, we put chilli cheese on BBQ basted sweet potato fries? Well, we did, and not only that, we added a charred corn and spinach salad! Oh, and sprinkles of coriander and crispy onions? Yes indeed! Dollops of cremè fraîche? You betcha!

Hands-On Time: 35 minutes

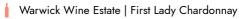
Overall Time: 60 minutes

Serves: 3 People

Chef: Thea Richter



Vegetarian



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Ingredients & Prep

- 750g Sweet Potato
 peeled (optional) & cut into
 1cm thick fries
- 300g Corn
 Onions
 1½ peeled & roughly diced

 Fresh Chillies
 deseeded & roughly
- chopped
 360g Black Beans
 drained & rinsed
- 600g Cooked Chopped Tomato
 60g Spinach
- 85ml Cornflour 22,5ml NOMU BBQ Rub
- 150g Grated Cheddar & Mozzarella Cheese Mix
- 45ml Crispy Onions

125ml

12g

Fresh Coriander rinsed, picked & roughly chopped

Crème Fraîche

From Your Kitchen

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

- 1. LET'S GO! Fill a pot, large enough for the sweet potato fries, with salted water. Place over high heat and bring to a boil. Once boiling, add the fries and boil for 6-7 minutes until slightly softened. On completion, drain the fries on paper towel.
- **2. CHAR** Place a large pan over high heat with a drizzle of oil. Once hot, add the corn and fry for 5-7 minutes until slightly charred, shifting constantly. Place in a salad bowl.
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 3. BEAN CHILLI Preheat the oven to the grill setting or the highest temperature. Return the pan to a medium-high heat with a drizzle of oil.

Fry the diced onion and for 5-7 minutes until softened. Add the chopped

chilli and fry for about a minute until fragrant. Stir through the drained

beans, cooked chopped tomato, sweetener of choice, 200ml of water and leave to simmer for 10-12 minutes until reduced and thickened. In the

- final minute, stir through ½ of the rinsed spinach and some seasoning.

 4. GOLDEN FRIES Return the pot to a medium-high heat and fill with enough oil to deep fry the fries. Place the cornflour in a bowl with some seasoning and gently toss through the fries until fully coated. Once the oil is hot, deep fry the fries for about 4-5 minutes until crispy and golden. Remove from the oil and drain on paper towel. On completion, place the sweet potato fries in a bowl with the BBQ rub and seasoning, and toss until coated.
- 5. CHEESY CHILLI Place the bean chilli in an ovenproof dish and sprinkle over the grated cheese. Place in the oven and leave for 5-7 minutes until the cheese is melted and golden. In the salad bowl with the corn, add the remaining spinach, a drizzle of oil and seasoning. Toss until fully combined.
- **6. OMG!** Cover a plate in the crispy sweet potato fries. Top with the cheesy chilli and side with the charred corn salad. Sprinkle over the chopped coriander, crispy onions, and dollop with some cremè fraîche. The wait is over!



If you have an airfryer, use it to fry your fries instead of deep frying them!

Nutritional Information

Per 100g

Energy	433kJ
Energy	104Kcal
Protein	3.5g
Carbs	13g
of which sugars	5g
Fibre	2.3g
Fat	4.2g
of which saturated	2.3g
Sodium	145mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook within 4 Days