



# U COOK

— COOKING MADE EASY

## SULTRY STACKED SWEET POTATO

with smoky black bean ragu & avocado


We're bringing Mexi back, yeah! Craving some pizzazz in your week? This groovy combo of roast sweet potato, black beans with chipotle in adobo, creamy avo, and charred corn salsa is your answer.

---

**Prep + Active Time:** 30 minutes

**Total Cooking Time:** 50 minutes

---

 **Serves:** 4 people

---

 **Chef:** Carey Erasmus

---

 **Vegetarian**

---

Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients

1000g	Sweet Potato <i>rinsed &amp; cut into bite-size chunks</i>
200g	Corn
2	Red Onion <i>peeled &amp; finely diced</i>
15g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
120ml	Sweet Red Wine Vinegar
480g	Black Beans <i>drained &amp; rinsed</i>
3	Garlic Cloves <i>peeled &amp; grated</i>
400g	Cooked Chopped Tomato
80g	Chipotle Chillies in Adobo <i>roughly chopped</i>
2	Avocado
40ml	Crispy Onions

## From Your Kitchen

Oil (cooking, olive & coconut)  
Sugar/Sweetener/Honey  
Water  
Salt & Pepper



### CHEF'S TIP

Sweet potatoes are one of the highest Vitamin-A containing foods. Cooking sweet potatoes increases the bioavailability of this beta-carotene, making it easier for your body to absorb.

## 1. ROAST THE SWEET POTATO

Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 40-45 minutes until cooked through and golden, shifting halfway.

## 2. CORN SALSA

Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the corn for 4-5 minutes until charred, shifting occasionally. Remove from the pan and place in a bowl. Add in half of the diced red onion and some chopped parsley, reserving some for garnish. Pour in the Sweet Red Wine Vinegar and toss to combine. Season to taste and set aside for serving.

## 3. SMOKY BLACK BEAN RAGU

Return the pan to a medium heat with another drizzle of oil. When hot, fry the remaining red onion for 3-4 minutes until soft. Add the drained black beans and grated garlic. Stir through the cooked chopped tomatoes and 40ml of water. Reduce the heat and simmer for 7-10 minutes until thickened. Add the chopped chipotles, seasoning, and a sweetener of choice to taste. Stir to combine and remove from the heat.

## 4. DISH UP!

Halve the avocados and remove the pips. Spread out the golden sweet potato on a plate and spoon over the smoky bean ragu and the corn salsa. Scoop out the flesh from an avocado half and place it on top. Garnish with the remaining chopped parsley and the crispy onions. Enjoy, Chef!

## Nutritional Information

Per Serving

Energy (kj)	2989
Energy (kcal)	714
Protein	18
Carbs	119
of which sugars	43
Fibre	23
Fat	16
of which saturated	2
Salt	2

Cook within: 3 days

Allergens: Gluten Allium Wheat Sulphites



Loved the dish? Rate it online.



Quick Prep



Crowd Pleaser