



UCOOK

Sweet Potato & Avocado Salad

with crispy kale & Italian-style hard cheese

A salad that's heartier than the artichoke hearts in it, Chef! Oven-roasted kale, sweet potato, cannellini beans & artichokes are tossed in a zesty mustard-mayo dressing. Topped with creamy avo, salty cheese ribbons and crispy onion bits.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Suné van Zyl

Veggie

Paardenkloof Wines | Paardenkloof Ecology
"Desert Rose" Sauvignon Blanc 2021

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Ingredients & Prep

1kg	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
240g	Cannellini Beans <i>drain & rinse</i>
2	Garlic Cloves <i>peel & grate</i>
200g	Kale <i>rinse & roughly shred</i>
4	Avocados
160ml	Mustard Mayo <i>(140ml Mayo & 20ml Dijon Mustard)</i>
40ml	Lemon Juice
160g	Artichoke Hearts <i>drain & roughly chop</i>
80g	Italian-style Hard Cheese <i>peel into ribbons</i>
60ml	Crispy Onion Bits

From Your Kitchen

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

1. SWEET ON SWEET POTATOES Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. BEANS & KALE Place the drained beans in a bowl. Coat in oil, the grated garlic, and seasoning. Place the shredded kale on a roasting tray. Massage with a drizzle of oil and seasoning until softened. Toss through the garlic beans. When the sweet potatoes have 10 minutes to go, pop the tray of kale & beans into the hot oven and roast for the remaining time until crispy.

3. A IS FOR AVO Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Thinly slice the avocado.

4. DELISH DRESSING In a bowl, combine the mustard mayo, the lemon juice, a drizzle of olive oil, and seasoning. In a salad bowl, toss together the roasted kale & beans, the chopped artichokes, the roasted sweet potato, a drizzle of olive oil, and seasoning.

5. SUPERB SALAD Bowl up the salad. Top with the sliced avo. Scatter over the cheese ribbons and the crispy onions. Drizzle over the creamy mustard dressing.

Nutritional Information

Per 100g

Energy	568kJ
Energy	136kcal
Protein	3g
Carbs	13g
of which sugars	3.5g
Fibre	3.6g
Fat	8.1g
of which saturated	1.3g
Sodium	134mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Eat
Within
4 Days