



UCCOOK

Fusion Chickpeas & Sweet Potato

with pickled onion & mustard dressing

Hands-on Time: 20 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	315kJ	2040kJ
Energy	75kcal	487kcal
Protein	2.4g	15.3g
Carbs	12g	81g
of which sugars	4g	29g
Fibre	2g	15g
Fat	1g	6.2g
of which saturated	0.2g	1g
Sodium	47.5mg	308.1mg

Allergens: Cow's Milk, Allium, Sesame, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Red Wine Vinegar
1	1	Onion <i>peel & finely dice ¼ [½]</i>
200g	400g	Sweet Potato Chunks
10ml	20ml	Spice Mix <i>(4ml [8ml] White Sesame Seeds, 2,5ml [5ml] Ground Paprika, 2ml [4ml] Garlic Powder & 1.5ml [3ml] Fennel Seeds)</i>
60g	120g	Chickpeas <i>drain & rinse</i>
40g	80g	Corn
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
40ml	80ml	Creamy Mustard <i>(35ml [70ml] Low Fat Plain Yoghurt & 5ml [10ml] Dijon Mustard)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. PICKLED ONION Preheat the oven to 200°C. In a bowl, combine the vinegar, 5ml [10ml] of a sweetener of your choice, and seasoning. Toss through the onion and set aside to pickle. Drain right before serving.

2. SPICED SWEET POTATO Spread the sweet potato on a roasting tray. Coat in a light drizzle of oil, the spice mix, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the potato has 15 minutes left, scatter over the chickpeas, and roast for the remaining time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). When the potato has 10 minutes left, scatter over the chickpeas, and roast for the remaining time.

3. SWEET CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. FRESH SALAD In a bowl, combine the salad leaves, the piquanté peppers, the cucumber, and the corn. Season and toss to combine.

5. SET THE TABLE Plate up the salad. Top with the spiced potato, and crispy chickpeas. Scatter over the pickled onion (to taste), and drizzle over the creamy mustard. Enjoy, Chef!