



# UCCOOK

## Pork & Potato Hashbrown Bake

with carrot & fresh parsley

**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Zevenwacht | Estate Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	458kJ	2782kJ
Energy	109kcal	665kcal
Protein	5.7g	34.7g
Carbs	10g	58g
of which sugars	2.5g	15g
Fibre	2g	12g
Fat	5.3g	32.4g
of which saturated	2g	11.9g
Sodium	65mg	368mg

**Allergens:** Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
120g	240g	Carrot <i>rinse, trim, peel &amp; roughly dice</i>
150g	300g	Pork Mince
1	1	Spring Onion <i>rinse &amp; finely slice</i>
10ml	20ml	NOMU Spanish Rub
110ml	220ml	Tomato Passata Mix <i>(100ml [200ml] Tomato Passata &amp; 10ml [20ml] Tomato Paste)</i>
200g	400g	Potato
3g	5g	Fresh Parsley <i>rinse &amp; roughly chop</i>

## From Your Kitchen

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

**1. CARAMELISATION STATION** Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, add the carrots and the mince. Work quickly to break the mince up as it starts to cook. Fry until the mince is browned, 6-7 minutes (shifting occasionally).

**2. MMMINCE** When the mince is browned, add the spring onion and the NOMU rub to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata mix and 100ml [200ml] of water. Simmer until slightly thickened, 10-12 minutes. Season and add a sweetener (to taste).

**3. YOU'RE DOING GRATE** Peel and grate the potato. Place the potato on a clean tea towel and squeeze out the excess water. Place the drained potato in a bowl. Add a drizzle of oil and seasoning. Toss until combined.

**4. BAKE TO MAKE IT GREAT** Pour the saucy mince mixture into an ovenproof dish and top with the potato in a single layer. Bake in the hot oven until crispy and golden, 20-25 minutes. In the final 5 minutes, turn the oven onto the grill setting.

**5. TIME TO EAT** Plate up the delicious bake and sprinkle over the parsley. Easy peasy, Chef!