



# WCOOK

## Pork Mince Frikkadels & Gravy

with sautéed kale

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Estate  
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	501kj	3084kj
Energy	120kcal	738kcal
Protein	6.1g	37.5g
Carbs	12g	71g
of which sugars	1.9g	11.7g
Fibre	1.7g	10.6g
Fat	5.4g	33.2g
of which saturated	2g	12g
Sodium	484mg	2978mg

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
450g	600g	Pork Mince
90ml	120ml	Herby Crumbs <i>(75ml [100ml] Panko Breadcrumbs, 7,5ml [10ml] Dried Thyme &amp; 7,5ml [10ml] Dried Oregano)</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
60ml	80ml	Worcestershire Sauce
2	2	Beef Stock
2	2	Onions <i>peel &amp; finely slice 1½ [2]</i>
15ml	20ml	Cornflour
150g	200g	Kale <i>rinse</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Egg/s

Milk (optional)

Butter

**1. MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. MAKE THE MINCE MIXTURE** Boil the kettle. In a bowl, combine the pork mince with the herby crumbs, the garlic, ½ of the worcestershire sauce, 1½ [2] eggs and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 mini patties per portion. Set aside.

**3. FRIKKADELS** Place a pan over medium heat with a drizzle of oil. When hot, fry the mini patties until browned and cooked through, 6-8 minutes, shifting as they colour. Remove from the pan and cover to keep warm.

**4. GRAVY** Dilute 1½ [2] of the stock with 300ml [400ml] of boiling water. Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 6-7 minutes. Whisk in the diluted stock, the cornflour, and the remaining worcestershire sauce. Simmer until thickened, glossy, and smooth, 8-10 minutes. Remove from the heat and season.

**5. KALE** Return the pan to medium heat, wiped down if necessary, with a drizzle of oil and a knob of butter. When hot, fry the kale until slightly wilted, 5-7 minutes. Season and remove from the pan.

**6. DINNER IS READY** Plate up the creamy mash, side with the flavourful frikkadels, drizzle the gravy over the frikkadels, and side with kale. Cheers, Chef!