



# UCOOK

## Cajun Beef & Tender Taters

with fresh parsley & a fresh salad

A rich tomato beef mince, spiced with NOMU Cajun Rub and dotted with silky onion, is served with crispy potatoes that brings the perfect balance between fluffy on the inside and crispy on the outside. Balanced with a simple, fresh salad and garnished with parsley.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Cabernet Sauvignon

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## Ingredients & Prep

400g	Potato <i>rinse, peel &amp; cut into thick rounds</i>
20g	Sunflower Seeds
1	Onion <i>peel &amp; finely slice</i>
300g	Beef Mince
20ml	NOMU Cajun Rub
200g	Cooked Chopped Tomato
30ml	Red Wine Vinegar
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. JUST-RIGHT POTATOES** Preheat the oven to 200°C. Place the potato rounds in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 5-8 minutes. Drain.

**2. CRISPY TATERS** Spread the parboiled potato rounds on a roasting tray. Coat in oil. Roast in the hot oven until crispy, 15-20 minutes (shifting halfway).

**3. SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. MMMINCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 3-4 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds. Pour in the cooked chopped tomato and 300ml of water and simmer until reduced and thickening, 10-12 minutes (shifting occasionally). Remove from the heat, add a sweetener (to taste), and season.

**5. SOME FRESHNESS** In a bowl, combine the vinegar, a drizzle of olive oil, and a sweetener (to taste). Add the shredded salad leaves, the sunflower seeds, seasoning, and toss to combine.

**6. DINNER? DONE!** Make a bed of the crispy potatoes, top with the saucy Cajun beef mince, and sprinkle over the chopped parsley. Serve the simple salad on the side and dig in, Chef.



## Chef's Tip

Air fryer method: Coat the parboiled potato rounds in oil. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	456kj
Energy	109kcal
Protein	5.7g
Carbs	9g
of which sugars	2.3g
Fibre	1.7g
Fat	5.3g
of which saturated	1.8g
Sodium	146mg

## Allergens

Allium, Sulphites

Eat  
Within  
3 Days