



# UCCOOK

## Baked Potato & Chorizo

with roasted beetroot & feta cheese salad

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 686kJ    | 3354kJ      |
| Energy             | 164kcal  | 802kcal     |
| Protein            | 8.6g     | 41.9g       |
| Carbs              | 13g      | 62g         |
| of which sugars    | 1.3g     | 6.2g        |
| Fibre              | 2.3g     | 11.2g       |
| Fat                | 8.8g     | 43.3g       |
| of which saturated | 3.9g     | 19.2g       |
| Sodium             | 262mg    | 1279mg      |

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

|      |       |                                                      |
|------|-------|------------------------------------------------------|
| 200g | 400g  | Potato<br><i>rinse</i>                               |
| 100g | 200g  | Beetroot Chunks<br><i>cut into bite-sized pieces</i> |
| 10g  | 20g   | Walnuts<br><i>roughly chop</i>                       |
| 50ml | 100ml | Panko Breadcrumbs                                    |
| 50g  | 100g  | Sliced Pork Chorizo<br><i>finely chop</i>            |
| 50g  | 100g  | Cheddar Cheese<br><i>grate</i>                       |
| 20ml | 40ml  | Chaloner Raspberry<br>Vinegar                        |
| 20g  | 40g   | Green Leaves<br><i>rinse</i>                         |
| 25g  | 50g   | Danish-style Feta<br><i>drain</i>                    |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter  
Tinfoil  
Seasoning (salt & pepper)

**1. MASH** Preheat the oven to 200°C. Line a baking tray with tinfoil and lightly grease. Cut the potato in half lengthways and place on the tray — don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 30-35 [\[35-40\]](#) minutes.

**2. ROAST** Spread the beetroot on a separate roasting tray. Coat in oil and season. When the potato has been roasting for 10-15 minutes, add the beetroot and roast until crispy, 15-20 [\[20-25\]](#) minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**3. NUTS & BREADCRUMBS** Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, toast the breadcrumbs until lightly golden, 1-2 minutes. Remove from the pan and place in a shallow dish.

**4. LOAD THE POTATO** Once the potato is cooked, carefully spoon the flesh into a bowl without breaking the skin and fluff with a fork. Mix in a small knob of butter, the chorizo, and the cheese, and return to the skins. Sprinkle over the toasted breadcrumbs. Bake until crispy and warmed through, 5-6 minutes.

**5. SALAD** In a salad bowl, combine the vinegar with a drizzle of olive oil and seasoning. Toss through the green leaves, the roasted beetroot, and the toasted nuts.

**6. TIME TO EAT** Plate up the baked potato halves, side with the loaded beetroot salad, and crumble the feta cheese over the salad. Good job, Chef!