



# UCCOOK

## Pork Mince Frikkadels & Gravy

with sautéed kale

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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

**Chef:** Kate Gomba

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross 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:** Gluten, Allium, Wheat, Sulphites

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

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

## From Your Kitchen

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!