



WCOOK

Pork Mince Frikkadels & Gravy

with sautéed kale

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

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:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
150g	300g	Pork Mince
30ml	60ml	Herby Crumbs <i>(25ml [50ml] Panko Breadcrumbs, 2,5ml [5ml] Dried Thyme & 2,5ml [5ml] Dried Oregano)</i>
1	1	Garlic Clove <i>peel & grate</i>
20ml	40ml	Worcestershire Sauce
1	1	Beef Stock
1	1	Onion <i>peel & finely slice ½ [1]</i>
5ml	10ml	Cornflour
50g	100g	Kale <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, 15-20 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, ½ [1] egg 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, 5-6 minutes, shifting as they colour. Remove from the pan and cover to keep warm.

4. GRAVY Dilute ½ [1] of the stock with 100ml [200ml] of boiling water. Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 4-5 minutes. Whisk in the diluted stock, the cornflour, and the remaining worcestershire sauce. Simmer until thickened, glossy, and smooth, 3-5 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, 3-5 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!