



# UCCOOK

## Baked Potato & Savoury Pork

with a green salad & sour cream

Get a load of this, Chef! Fluffy on the inside, crispy on the outside baked potato halves are loaded with an oh-so-yummy onion, tomato & chilli pork mince. A drizzle of sour cream sauce, a side of green salad, and there you have a simple yet simply delicious meal!

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Jade Summers

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 Simple & Save

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 Waterkloof | False Bay Cinsault / Mourvèdre  
Rosé

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## Ingredients & Prep

400g	Potato <i>rinsed</i>
1	Onion <i>peeled &amp; finely diced</i>
300g	Pork Mince
5ml	Dried Chilli Flakes
10ml	NOMU Peri-peri Rub
30ml	Tomato Paste
40g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
100g	Cucumber <i>rinsed &amp; cut into half-moons</i>
40ml	Sour Cream

## From Your Kitchen

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

**1. BAKED POTATO** Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potato in half lengthways – don't remove the skin! Coat in oil, season, and place on the tray, cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 35-40 minutes.

**2. TOMATO-CHILLI MINCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 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 chilli flakes (to taste), the NOMU rub, and the tomato paste, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in 200ml of water and simmer until reduced and thickening, 6-8 minutes. Remove from the heat, add a sweetener, and season.

**3. GREEN SALAD** In a salad bowl, combine the shredded leaves and the cucumber half-moons with a drizzle of olive oil and seasoning. Set aside.

**4. SOUR CREAM SAUCE** In a small bowl, loosen the sour cream with a splash of water. Season and set aside.

**5. ALL DONE!** Plate up the baked potato. Top each half with the onion & chilli loaded savoury mince. Dollop over the loosened sour cream. Serve the dressed green salad on the side. Quick and simple as that, Chef!



## Chef's Tip

Air fryer method: Coat the potato in oil and season. Air fry at 200°C until crispy, 35-40 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	505kj
Energy	121kcal
Protein	6g
Carbs	9g
of which sugars	1.8g
Fibre	1.5g
Fat	6.6g
of which saturated	2.5g
Sodium	57mg

## Allergens

Dairy, Allium

Cook  
within 1  
Day