



UCCOOK

Beef Mince & Jacket Potato

with **NOMU** Mexican spices, fresh chilli & a corn salad


Hearty baked potatoes are topped with a flavourful Mexican beef mince sauce, a dollop of cooling yoghurt, and a sprinkle of fresh coriander. Sided with a simple charred corn salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 ***NEW Simple & Save**

 **Simonsig | Gewürztraminer**

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Ingredients & Prep

200g	Potato <i>rinsed</i>
1	Red Onion
20g	Salad Leaves
4g	Fresh Coriander
1	Fresh Chilli
50g	Corn
150g	Beef Mince
12,5ml	Mexican Tomato Paste <i>(7,5ml NOMU Mexican Spice Blend & 5ml Tomato Paste)</i>
20ml	Low Fat Plain Yoghurt

From Your Kitchen

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

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, 30-35 minutes.

2. PREP STEP Peel and roughly dice ½ the onion. Rinse and roughly shred the salad leaves. Rinse and pick the coriander. Trim, de-seed, and finely slice the chilli.

3. CORN Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. MINCE Return the pan to medium-high heat with a drizzle of oil. When hot, add ¾ of the diced onion and fry 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.

5. SAUCE When the mince is browned, add the Mexican tomato paste and ½ the sliced chilli (to taste) to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in 75ml of water. Simmer until the water has almost all evaporated, 3-4 minutes. Season with a sweetener, salt, and pepper.

6. SALAD In a bowl, combine the shredded salad leaves, the charred corn, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

7. ALL DONE! Plate up the baked potato. Top each half with the Mexican mince, a dollop of the yoghurt, and a sprinkle of the remaining chilli (to taste). Side with the corn salad. Sprinkle over the picked coriander and have a fiesta, Chef!

Nutritional Information

Per 100g

Energy	508kj
Energy	122kcal
Protein	6.5g
Carbs	11g
of which sugars	1.7g
Fibre	1.7g
Fat	5.5g
of which saturated	2.1g
Sodium	97mg

Allergens

Dairy, Allium

Cook
within 2
Days