



UCOOK

Peanut Pork Mince Stew

with buttery mashed potatoes

You can do so much more with peanut butter than spreading it on your toast. Why not try it with browned pork mince, coated in a peanut butter sauce, tossed with silky onion, crunchy carrot, toasted peanuts & plump peas. Dished up with a creamy potato mash.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

200g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
10g	Peanuts <i>roughly chop</i>
20ml	Peanut Butter
1	Onion <i>peel & roughly slice ½</i>
120g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
150g	Pork Mince
10ml	NOMU Moroccan Rub
20ml	Tomato Paste
50g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)

1. MASH Place the potato pieces 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. NUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. VEGGIES Loosen the peanut butter with warm water in 10ml increments until drizzling consistency and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onions and the diced carrots until lightly golden, 4-5 minutes.

4. PEANUT MOMENT Add the mince to the pan, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the NOMU rub, the tomato paste, and fry until fragrant, 1-2 minutes. Mix in the loosened peanut butter and 150ml of water. Simmer until slightly thickening, 8-10 minutes. In the final 1-2 minutes, mix through the peas. Remove from the heat and season.

5. TIME TO EAT Dish up the mash, side with the saucy peanut mince, and garnish with the toasted nuts.

Nutritional Information

Per 100g

Energy	539kJ
Energy	129kcal
Protein	6.2g
Carbs	11g
of which sugars	3g
Fibre	2.5g
Fat	6.7g
of which saturated	2g
Sodium	93mg

Allergens

Allium, Peanuts

Eat
Within
1 Day