



UCCOOK

Hearty Beef Mince Bake

with cheese sauce

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

| Nutritional Info | Per 100g | Per Portion |
|-------------------------|----------|-------------|
| Energy | 470kJ | 3639kJ |
| Energy | 113kcal | 870kcal |
| Protein | 6g | 46g |
| Carbs | 10g | 77g |
| of which sugars | 2.9g | 22.4g |
| Fibre | 1.6g | 12.7g |
| Fat | 5.4g | 41.9g |
| of which saturated | 2.4g | 18.3g |
| Sodium | 58mg | 390mg |

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 600g | 800g | Potato <i>rinse & cut into 1cm thick rounds</i> |
| 450g | 600g | Beef Mince |
| 240g | 240g | Carrot <i>rinse, trim, peel & grate 1½ [2]</i> |
| 2 | 2 | Onions <i>peel & roughly slice 1½ [2]</i> |
| 15ml | 20ml | Dried Oregano |
| 60ml | 80ml | Tomato Paste |
| 45ml | 60ml | Cake Flour |
| 300ml | 400ml | Full Cream UHT Milk |
| 90g | 120g | Cheddar Cheese <i>grate</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter
Sugar/Sweetener/Honey

1. PARBOIL POTATO Preheat the oven to 200°C. Place the potato in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 15-20 minutes. Drain and set aside.

2. SAUCY MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the carrot and the onion. Fry until lightly golden, 6-8 minutes (shifting occasionally). Mix in the oregano and the tomato paste and fry until fragrant, 1-2 minutes. Stir in 300ml [400ml] of water and simmer until almost reduced, 10-15 minutes. Remove from the heat, add seasoning and a sweetener (to taste).

3. CHEESE SAUCE Place a pot over medium heat with 60g [80g] of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 2-3 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. Add the cheese and cook until melted. If the cheese sauce is too thick for your liking, loosen with water. Remove from the heat and season to taste.

4. BAKE In an ovenproof dish, make a bed of the loaded mince, then top with the potato and the cheese sauce. Bake until the top is lightly golden and the potatoes are cooked through, 12-15 minutes. Remove from the oven.

5. TIME TO EAT Dish up the loaded potato bake and dig in, Chef!