



QCOOK

Hearty Beef Mince Bake

with cheese sauce

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

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 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into 1cm thick rounds</i>
150g	300g	Beef Mince
120g	120g	Carrot <i>rinse, trim, peel & grate ½ [1]</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
5ml	10ml	Dried Oregano
20ml	40ml	Tomato Paste
15ml	30ml	Cake Flour
100ml	200ml	Full Cream UHT Milk
30g	60g	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, 10-15 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, 3-4 minutes (shifting occasionally). Add the carrot and the onion. Fry until lightly golden, 4-5 minutes (shifting occasionally). Mix in the oregano and the tomato paste and fry until fragrant, 1-2 minutes. Stir in 100ml [200ml] of water and simmer until almost reduced, 5-8 minutes. Remove from the heat, add seasoning and a sweetener (to taste).
- 3. CHEESE SAUCE** Place a pot over medium heat with 20g [40g] of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 1-2 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, 8-10 minutes. Remove from the oven.
- 5. TIME TO EAT** Dish up the loaded potato bake and dig in, Chef!