



UCCOOK

Loaded Fries & Spicy Beef Mince

with spring onion & black beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Piekenierskloof | Grenache blanc 2024

Nutritional Info	Per 100g	Per Portion
Energy	573kj	3290kj
Energy	137kcal	787kcal
Protein	8.1g	46.5g
Carbs	10g	60g
of which sugars	1.8g	10.6g
Fibre	1.7g	9.6g
Fat	7.1g	40.8g
of which saturated	3.1g	17.7g
Sodium	142mg	815mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>peel (optional) & cut into 1cm thick chips</i>
150g	300g	Beef Mince
10ml	20ml	Tomato Paste
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
15ml	30ml	Spicy Rub <i>(10ml [20ml] NOMU Mexican Spice Blend & 5ml [10ml] Dried Chilli Flakes)</i>
60g	120g	Black Beans <i>drain & rinse</i>
10ml	20ml	Cake Flour
100ml	200ml	Full Cream UHT Milk
30g	60g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter

1. FRENCH FRIES. CHIPS. POMMES FRITES. Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, season, and toss until coated. Spread out in a single layer and roast in the hot oven until crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time. Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. MEXICAN 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 tomato paste, the spring onion whites, and the spicy rub (to taste). Fry until fragrant, 1-2 minutes. Add the beans and 50ml [100ml] of water, and simmer until slightly thickened, 3-4 minutes.

3. CHEESY SAUCE Place a small pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese and stir until melted. Season and remove from the heat.

4. LOAD IT UP Plate up the potato chips and top with the warm fried mince. Cover in the cheesy sauce. Garnish with the spring onion greens. Enjoy, Chef.