



UCOOK

Cajun Beef & Tender Taters

with fresh parsley & a fresh salad

A rich tomato beef mince, spiced with NOMU Cajun Rub and dotted with silky onion, is served with crispy potatoes that brings the perfect balance between fluffy on the inside and crispy on the outside. Balanced with a simple, fresh salad and garnished with parsley.

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

800g	Potato <i>rinse, peel & cut into thick rounds</i>
40g	Sunflower Seeds
2	Onions <i>peel & finely slice</i>
600g	Beef Mince
40ml	NOMU Cajun Rub
400g	Cooked Chopped Tomato
60ml	Red Wine Vinegar
80g	Salad Leaves <i>rinse & roughly shred</i>
10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. JUST-RIGHT POTATOES Preheat the oven to 200°C. Place the potato rounds in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 8-10 minutes. Drain.

2. CRISPY TATERS Spread the parboiled potato rounds on a roasting tray. Coat in oil. Roast in the hot oven until crispy, 20-25 minutes (shifting halfway).

3. SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. MMMINCE Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 30-60 seconds. Pour in the cooked chopped tomato and 600ml of water and simmer until reduced and thickening, 12-15 minutes (shifting occasionally). Remove from the heat, add a sweetener (to taste), and season.

5. SOME FRESHNESS In a bowl, combine the vinegar, a drizzle of olive oil, and a sweetener (to taste). Add the shredded salad leaves, the sunflower seeds, seasoning, and toss to combine.

6. DINNER? DONE! Make a bed of the crispy potatoes, top with the saucy Cajun beef mince, and sprinkle over the chopped parsley. Serve the simple salad on the side and dig in, Chef.



Chef's Tip

Air fryer method: Coat the parboiled potato rounds in oil. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	456kj
Energy	109kcal
Protein	5.7g
Carbs	9g
of which sugars	2.3g
Fibre	1.7g
Fat	5.3g
of which saturated	1.8g
Sodium	146mg

Allergens

Allium, Sulphites

Eat
Within
3 Days