



UCOOK

Baked Potato & Savoury Pork

with a green salad & sour cream

Get a load of this, Chef! Fluffy on the inside, crispy on the outside baked potato halves are loaded with an oh-so-yummy onion, tomato & chilli pork mince. A drizzle of sour cream sauce, a side of green salad, and there you have a simple yet simply delicious meal!


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 3 People

Chef: Jade Summers

 Simple & Save

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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Ingredients & Prep

600g	Potato <i>rinsed</i>
2	Onions <i>1½ peeled & finely diced</i>
450g	Pork Mince
7,5ml	Dried Chilli Flakes
15ml	NOMU Peri-peri Rub
45ml	Tomato Paste
60g	Salad Leaves <i>rinsed & roughly shredded</i>
150g	Cucumber <i>rinsed & cut into half-moons</i>
60ml	Sour Cream

From Your Kitchen

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

1. BAKED POTATO Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potato in half lengthways – don't remove the skin! Coat in oil, season, and place on the tray, cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 40-45 minutes.

2. TOMATO-CHILLI MINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the chilli flakes (to taste), the NOMU rub, and the tomato paste, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in 300ml of water and simmer until reduced and thickening, 8-10 minutes. Remove from the heat, add a sweetener, and season.

3. GREEN SALAD In a salad bowl, combine the shredded leaves and the cucumber half-moons with a drizzle of olive oil and seasoning. Set aside.

4. SOUR CREAM SAUCE In a small bowl, loosen the sour cream with a splash of water. Season and set aside.

5. ALL DONE! Plate up the baked potato. Top each half with the onion & chilli loaded savoury mince. Dollop over the loosened sour cream. Serve the dressed green salad on the side. Quick and simple as that, Chef!



Chef's Tip

Air fryer method: Coat the potato in oil and season. Air fry at 200°C until crispy, 35-40 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	505kj
Energy	121kcal
Protein	6g
Carbs	9g
of which sugars	1.8g
Fibre	1.5g
Fat	6.6g
of which saturated	2.5g
Sodium	57mg

Allergens

Dairy, Allium

Cook
within 1
Day