



# UCCOOK

## Beef Mince & Jacket Potato

with **NOMU** Mexican spices, fresh chilli & a corn salad

Hearty baked potatoes are topped with a flavourful Mexican beef mince sauce, a dollop of cooling yoghurt, and a sprinkle of fresh coriander. Sided with a simple charred corn salad.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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 **\*NEW Simple & Save**

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 **Simonsig | Gewürztraminer**

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## Ingredients & Prep

600g	Potato <i>rinsed</i>
2	Red Onions
60g	Salad Leaves
12g	Fresh Coriander
2	Fresh Chillies
150g	Corn
450g	Beef Mince
37,7ml	Mexican Tomato Paste <i>(22,5ml NOMU Mexican Spice Blend &amp; 15ml Tomato Paste)</i>
60ml	Low Fat Plain Yoghurt

## From Your Kitchen

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

**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. PREP STEP** Peel and roughly dice 1½ of the onions. Rinse and roughly shred the salad leaves. Rinse and pick the coriander. Trim, de-seed, and finely slice the chillies.

**3. CORN** Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**4. MINCE** Return the pan to medium-high heat with a drizzle of oil. When hot, add ¾ of the diced onion and fry 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.

**5. SAUCE** When the mince is browned, add the Mexican tomato paste and ½ the sliced chilli (to taste) to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in 225ml of water. Simmer until the water has almost all evaporated, 4-5 minutes. Season with a sweetener, salt, and pepper.

**6. SALAD** In a bowl, combine the shredded salad leaves, the charred corn, the remaining onion (to taste), a drizzle of olive oil, and seasoning.

**7. ALL DONE!** Plate up the baked potato. Top each half with the Mexican mince, a dollop of the yoghurt, and a sprinkle of the remaining chilli (to taste). Side with the corn salad. Sprinkle over the picked coriander and have a fiesta, Chef!

## Nutritional Information

Per 100g

Energy	508kj
Energy	122kcal
Protein	6.5g
Carbs	11g
of which sugars	1.7g
Fibre	1.7g
Fat	5.5g
of which saturated	2.1g
Sodium	97mg

## Allergens

Dairy, Allium

Cook  
within 2  
Days