



UCOOK

Baked Potato & Chorizo

with roasted beetroot & goat's cheese salad

Instead of limiting the baked potato to a supporting role, make it the main star of the show! With crispy skin on the outside but fluffy deliciousness on the inside, this loaded potato is topped with salty chorizo, toasted panko breadcrumbs, & cheddar cheese. To balance the richness, we've sided the dish with a raspberry vinegar-coated beetroot salad. Expect a 5-star review, Chef!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

Adventurous Foodie

Stettyn Wines | Stettyn Family Range Pinotage

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

Ingredients & Prep

400g	Potato <i>rinse</i>
200g	Beetroot <i>rinse, trim & cut into small bite-sized pieces</i>
20g	Walnuts <i>roughly chop</i>
100ml	Panko Breadcrumbs
100g	Sliced Pork Chorizo <i>finely chop</i>
100g	Cheddar Cheese <i>grate</i>
40ml	Raspberry Vinegar
50g	Kale <i>rinse & roughly shred</i>
50g	Chevin Goat's Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Tinfoil

1. MASH Preheat the oven to 200°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potatoes in half lengthways and place on the tray — don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 35-40 minutes.

2. ROAST Spread the beetroot pieces on a separate roasting tray. Coat in oil and season. When the potatoes have been roasting for 10-15 minutes, add the beetroot and roast until crispy, 20-25 minutes (shifting halfway).

3. NUTS & BREADCRUMBS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, toast the breadcrumbs until lightly golden, 1-2 minutes. Remove from the pan and place in a shallow dish.

4. POTATOES Once the potatoes are cooked, carefully spoon the flesh into a bowl without breaking the skin and fluff with a fork. Mix in a small knob of butter, the chopped chorizo, and the grated cheese, and return to the skins. Sprinkle over the toasted breadcrumbs. Bake until crispy and warmed through, 5-6 minutes.

5. SALAD In a salad bowl, combine the vinegar with a drizzle of olive oil. Add the shredded kale and seasoning. Using your hands, massage until softened and coated (If you prefer cooked kale, scatter it over the beetroot and roast until crispy, 8-10 minutes). Toss through the roasted beetroot, and the toasted nuts.

6. TIME TO EAT Plate up the baked potato halves, side with the loaded beetroot salad, and crumble the goat's cheese over the salad. Good job, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	642kJ
Energy	154kcal
Protein	8.3g
Carbs	12g
of which sugars	0.9g
Fibre	2g
Fat	8.3g
of which saturated	3.8g
Sodium	240mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol, Cow's Milk

Eat
Within
4 Days