



# UCCOOK

## Loaded Fries & Spicy Beef Mince

with spring onion & black beans

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Simple & Save:** Serves 3 & 4

**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 3	[Serves 4]	
600g	800g	Potato <i>peel (optional) &amp; cut into 1cm thick chips</i>
450g	600g	Beef Mince
30ml	40ml	Tomato Paste
2	2	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
45ml	60ml	Spicy Rub <i>(30ml [40ml] NOMU Mexican Spice Blend &amp; 15ml [20ml] Dried Chilli Flakes)</i>
180g	240g	Black Beans <i>drain &amp; rinse</i>
30ml	40ml	Cake Flour
300ml	400ml	Full Cream UHT Milk
90g	120g	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, 35-40 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, 30-35 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, 5-6 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 150ml [200ml] of water, and simmer until slightly thickened, 4-5 minutes.

3. **CHEESY SAUCE** Place a small pot over medium heat with 30g [40g] 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.