



UCOOK

Bacon & Potato Bake

with peas & spinach

A homemade bechamel sauce coats pops of salty bacon, silky onion, earthy spinach, green peas & oven roasted baby potatoes. Spiced with paprika and garnished with herbaceous fresh parsley. You'll never make potato bake the side dish again, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Simple & Save

Waterkloof | Revenant Wild Ferment Chenin Blanc

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Ingredients & Prep

250g	Baby Potatoes <i>rinse & cut in half</i>
4 strips	Streaky Pork Bacon
1	Onion <i>peel & roughly slice</i>
5ml	Ground Paprika
50g	Peas
40g	Spinach <i>rinse & roughly shred</i>
10ml	Cake Flour
100ml	Low Fat UHT Milk
3g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Seasoning (salt & pepper)

1. HOT POTATO Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. BETTER WITH BACON Place a pan over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 1-2 minutes per side. Remove from the pan and roughly chop. Set aside.

3. PAPRIKA VEG Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). In the final 2-3 minutes, add the paprika, the peas, and the shredded spinach. Fry for the remaining time. Remove from the heat and season.

4. BECHAMEL SAUCE Place a clean pan over medium heat with 20g of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. If the béchamel is too thick for your liking, add an extra splash of water. Remove from the heat on completion and season to taste.

5. ALMOST READY Toss the chopped bacon, the onion mixture, and the bechamel sauce with the roasted potatoes. Return to the oven for another 5-6 minutes.

6. DIG IN! Plate up the saucy bacon and potato bake. Garnish with the chopped parsley.

Nutritional Information

Per 100g

Energy	531kJ
Energy	127kcal
Protein	5.7g
Carbs	11g
of which sugars	3g
Fibre	1.7g
Fat	6.5g
of which saturated	2.3g
Sodium	269mg

Allergens

Cow's Milk, Gluten, Allium, Wheat

Eat
Within
4 Days