



UCCOOK

Pork Mince Frikkadels & Gravy

with sautéed kale

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate
Chenin Blanc

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 501kj | 3084kj |
| Energy | 120kcal | 738kcal |
| Protein | 6.1g | 37.5g |
| Carbs | 12g | 71g |
| of which sugars | 1.9g | 11.7g |
| Fibre | 1.7g | 10.6g |
| Fat | 5.4g | 33.2g |
| of which saturated | 2g | 12g |
| Sodium | 484mg | 2978mg |

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 600g | 800g | Potato <i>rinse, peel & cut into bite-sized pieces</i> |
| 450g | 600g | Pork Mince |
| 90ml | 120ml | Herby Crumbs <i>(75ml [100ml] Panko Breadcrumbs, 7,5ml [10ml] Dried Thyme & 7,5ml [10ml] Dried Oregano)</i> |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 60ml | 80ml | Worcestershire Sauce |
| 2 | 2 | Beef Stock |
| 2 | 2 | Onions <i>peel & finely slice 1½ [2]</i> |
| 15ml | 20ml | Cornflour |
| 150g | 200g | Kale <i>rinse</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Egg/s

Milk (optional)

Butter

1. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. MAKE THE MINCE MIXTURE Boil the kettle. In a bowl, combine the pork mince with the herby crumbs, the garlic, ½ of the worcestershire sauce, 1½ [2] eggs and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 mini patties per portion. Set aside.

3. FRIKKADELS Place a pan over medium heat with a drizzle of oil. When hot, fry the mini patties until browned and cooked through, 6-8 minutes, shifting as they colour. Remove from the pan and cover to keep warm.

4. GRAVY Dilute 1½ [2] of the stock with 300ml [400ml] of boiling water. Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 6-7 minutes. Whisk in the diluted stock, the cornflour, and the remaining worcestershire sauce. Simmer until thickened, glossy, and smooth, 8-10 minutes. Remove from the heat and season.

5. KALE Return the pan to medium heat, wiped down if necessary, with a drizzle of oil and a knob of butter. When hot, fry the kale until slightly wilted, 5-7 minutes. Season and remove from the pan.

6. DINNER IS READY Plate up the creamy mash, side with the flavourful frikkadels, drizzle the gravy over the frikkadels, and side with kale. Cheers, Chef!