



UCCOOK

Chorizo & Potato Croquettes

with a charred corn salad & Cajun mayo

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	704kJ	3665kJ
Energy	168kcal	877kcal
Protein	6.2g	32g
Carbs	17g	89g
of which sugars	2.3g	12.2g
Fibre	2.4g	12.6g
Fat	8.8g	46g
of which saturated	1.7g	9g
Sodium	290mg	1511mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
10ml	20ml	Red Wine Vinegar
20g	40g	Radish <i>rinse & slice into thin rounds</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
50ml	100ml	Mayo
3g	5g	Fresh Oregano <i>rinse, pick & finely chop</i>
15ml	30ml	Smoked-Cajun Blend <i>(5ml [10ml] Smoked Paprika, 10ml [20ml] NOMU Cajun rub)</i>
50g	100g	Sliced Pork Chorizo <i>roughly chop</i>
30ml	60ml	Grated Italian-style Hard Cheese
30ml	60ml	Cake Flour
30g	60g	Corn
60ml	125ml	Panko Breadcrumbs
20g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Tinfoil
Sugar/Sweetener/Honey
Egg/s
Butter

1. ROASTED POTATO MASH Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, season and cover over in foil. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C with the potatoes fully covered in foil until cooked through, 20-25 minutes (shifting halfway). Place the roasted potatoes in a bowl with a small knob of butter. Mash with a fork and cover.

2. MARINATE & SMOKY MAYO In a bowl, combine the red wine vinegar with a drizzle of olive oil, sweetener of your choice and seasoning. Mix until everything is fully emulsified. Add in the radish and allow this to pickle for 5 minutes. Then add in the baby tomatoes, season and set aside. In a separate bowl, combine the mayo, oregano and ¼ of the smoked Cajun blend. Mix until everything is well combined, season and set aside for later.

3. CRACK ON WITH THE CROQUETTES In the bowl with the mash, add in the chopped chorizo, ¾ of the cheese, the remaining smoked Cajun blend, 10ml [20ml] of the cake flour and season. Mix until everything is well combined. Divide the mixture into 6 [12] equal parts. Roll into a sausage shape as you form each croquette. Once all the croquettes are formed, put them in the freezer for 10 minutes.

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

5. COAT IN CRUMB & FRY Return the pan over medium heat with enough oil to cover the base. Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the remaining flour (seasoned lightly), and one containing the crumb. Coat the croquettes in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each croquette. Set aside. Once the oil is hot, gently add in the croquettes and fry until they are golden brown and crispy, 2-3 minutes on each side. Remove from the pan and drain on paper towel.

6. TOMATO SALAD In the bowl with the radish and baby tomatoes, add in the charred corn and green leaves. Season and toss until everything is nicely coated in the dressing.

7. DISH UP & DIP Plate up the fresh salad and plate the croquettes alongside. Sprinkle over the remaining cheese onto the croquettes and serve the Cajun mayo on the side for dipping. Well done, Chef!