



# UCCOOK

## Bacon & Potato Bake

with peas & spinach

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Piekenierskloof | Grenache Noir 2023

### Nutritional Info

	Per 100g	Per Portion
Energy	531kJ	3560kJ
Energy	127kcal	852kcal
Protein	5.7g	38.5g
Carbs	11g	72g
of which sugars	3g	20.4g
Fibre	1.7g	11.3g
Fat	6.5g	43.4g
of which saturated	2.3g	15.7g
Sodium	269mg	1807mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse &amp; cut in half</i>
4 strips	8 strips	Streaky Pork Bacon
1	1	Onion <i>peel &amp; roughly slice</i>
5ml	10ml	Ground Paprika
50g	100g	Peas
40g	80g	Spinach <i>rinse &amp; roughly shred</i>
10ml	20ml	Cake Flour
100ml	200ml	Low Fat UHT Milk
3g	5g	Fresh Parsley <i>rinse, pick &amp; 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 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 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). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). In the final 2-3 minutes, add the paprika, the peas, and the spinach. Fry for the remaining time. Remove from the heat and season.

4. **BECHAMEL SAUCE** Place a clean pan over medium heat with 20g [40g] 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 and season.

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

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