



UCCOOK

Beef & Potato Hashbrown Bake

with carrot & fresh parsley


This no-fuss, flavour-packed recipe is a delicious way to get dinner on the table after hashing out only a few easy steps. Browned mince loaded with carrot is smothered in a rich tomato passata sauce and Spanish spices. Topped with a hashbrown layer and baked until it's all golden goodness.


Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Waterkloof | Peacock Syrah**

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Ingredients & Prep

240g	Carrot <i>trimmed, peeled & cut into small bite-sized chunks</i>
300g	Beef Mince
1	Spring Onion <i>rinsed & finely sliced</i>
20ml	NOMU Spanish Rub
220ml	Tomato Passata Mix <i>(200ml Tomato Passata & 20ml Tomato Paste)</i>
400g	Potato
8g	Fresh Parsley <i>rinsed & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. CARAMELISATION STATION Preheat the oven to 200°C. Place a pan over medium heat with a drizzle of oil. When hot, add the diced carrots and the mince. Work quickly to break the mince up as it starts to cook. Fry until the mince is browned, 7-8 minutes (shifting occasionally).

2. MMMINCE When the mince is browned, add the sliced spring onion and the NOMU rub to the pan. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata mix and 200ml of water. Simmer until slightly thickened, 10-12 minutes. Season with a sweetener, salt, and pepper.

3. YOU'RE DOING GRATE Peel and grate the potato. Place the grated potato on a clean tea towel and squeeze out the excess water. Place the drained potato in a bowl. Add a drizzle of oil and seasoning. Toss until combined.

4. BAKE TO MAKE IT GREAT Pour the saucy mince mixture into an ovenproof dish and top with the grated potato in a single layer. Bake in the hot oven until crispy and golden, 20-25 minutes. In the final 5 minutes, turn the oven onto the grill setting.

5. TIME TO EAT Plate up the delicious bake and sprinkle over the chopped parsley. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	424kj
Energy	101kcal
Protein	5.6g
Carbs	10g
of which sugars	2.5g
Fibre	2g
Fat	4.6g
of which saturated	1.7g
Sodium	335mg

Allergens

Allium

Cook
within 3
Days