



UCCOOK

Baked Potato & Chorizo

with roasted beetroot & feta cheese salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	686kJ	3354kJ
Energy	164kcal	802kcal
Protein	8.6g	41.9g
Carbs	13g	62g
of which sugars	1.3g	6.2g
Fibre	2.3g	11.2g
Fat	8.8g	43.3g
of which saturated	3.9g	19.2g
Sodium	262mg	1279mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
200g	400g	Potato <i>rinse</i>
100g	200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
10g	20g	Walnuts <i>roughly chop</i>
50ml	100ml	Panko Breadcrumbs
50g	100g	Sliced Pork Chorizo <i>finely chop</i>
50g	100g	Cheddar Cheese <i>grate</i>
20ml	40ml	Chaloner Raspberry Vinegar
20g	40g	Green Leaves <i>rinse</i>
25g	50g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. MASH Preheat the oven to 200°C. Line a baking tray with tinfoil and lightly grease. Cut the potato in half lengthways and place on the tray — don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 30-35 [35-40] minutes.

2. ROAST Spread the beetroot on a separate roasting tray. Coat in oil and season. When the potato has been roasting for 10-15 minutes, add the beetroot and roast until crispy, 15-20 [20-25] minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

3. NUTS & BREADCRUMBS Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, toast the breadcrumbs until lightly golden, 1-2 minutes. Remove from the pan and place in a shallow dish.

4. LOAD THE POTATO Once the potato is cooked, carefully spoon the flesh into a bowl without breaking the skin and fluff with a fork. Mix in a small knob of butter, the chorizo, and the cheese, and return to the skins. Sprinkle over the toasted breadcrumbs. Bake until crispy and warmed through, 5-6 minutes.

5. SALAD In a salad bowl, combine the vinegar with a drizzle of olive oil and seasoning. Toss through the green leaves, the roasted beetroot, and the toasted nuts.

6. TIME TO EAT Plate up the baked potato halves, side with the loaded beetroot salad, and crumble the feta cheese over the salad. Good job, Chef!