



UCOOK

Loaded Fries & Spicy Chicken Mince

with spring onion & black beans

If we were in Canada, you would call this dish 'poutine', but in good old South Africa, we just call it 'flippen amazing'! French fries are loaded and layered with browned chicken mince, black beans, and a kick of chilli, which is then cooked in a tomato sauce. On top comes a homemade cheese sauce for extra decadence. Forget the cutlery for this one, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Simple & Save

Strandveld | First Sighting Syrah

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Ingredients & Prep

200g	Potato <i>peel (optional) & cut into 1cm thick chips</i>
150g	Free-range Chicken Mince
10ml	Tomato Paste
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
15ml	Spicy Rub <i>(10ml NOMU Mexican Spice Blend & 5ml Dried Chilli Flakes)</i>
60g	Black Beans <i>drain & rinse</i>
10ml	Cake Flour
100ml	Low Fat UHT Milk
30g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Butter

1. FRENCH FRIES. CHIPS. POMMES FRITES. Preheat the oven to 200°C. Generously cover the base of a roasting tray in oil. Add the potato chips, season, and toss until coated. Spread out in a single layer and roast in the hot oven until crispy, 30-35 minutes. At the halfway mark, gently shift the chips and drain any excess oil. Return to the oven for the remaining roasting time.

2. MEXICAN MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the tomato paste, the spring onion whites, and the spicy rub (to taste). Fry until fragrant, 1-2 minutes. Add the drained beans and 50ml of water, and simmer until slightly thickened, 3-4 minutes.

3. CHEESY SAUCE Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese and stir until melted. Season and remove from the heat.

4. LOAD IT UP Plate up the potato chips and top with the warm fried mince. Cover in the cheesy sauce. Garnish with the spring onion greens. Enjoy, Chef.



Chef's Tip

Air fryer method: Coat the potato chips in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	454kj
Energy	109kcal
Protein	8.1g
Carbs	10g
of which sugars	1.8g
Fibre	1.7g
Fat	4.2g
of which saturated	1.8g
Sodium	140mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat
Within
1 Day