



# 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 \*NEW Simple & Save

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 Waterkloof | Peacock Syrah

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## Ingredients & Prep

|       |                                                                             |
|-------|-----------------------------------------------------------------------------|
| 120g  | Carrot<br><i>trimmed, peeled &amp; cut into small bite-sized chunks</i>     |
| 150g  | Beef Mince                                                                  |
| 1     | Spring Onion<br><i>rinsed &amp; finely sliced</i>                           |
| 10ml  | NOMU Spanish Rub                                                            |
| 110ml | Tomato Passata Mix<br><i>(100ml Tomato Passata &amp; 10ml Tomato Paste)</i> |
| 200g  | Potato                                                                      |
| 4g    | Fresh Parsley<br><i>rinsed &amp; 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, 6-7 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 100ml 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