



UCCOOK

Baked Potato & Savoury Venison

with a green salad & sour cream

Hands-on Time: 45 minutes

Overall Time: 65 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	363kJ	2237kJ
Energy	87kcal	535kcal
Protein	8.7g	53.7g
Carbs	9g	58g
of which sugars	2.2g	13.5g
Fibre	1.6g	9.6g
Fat	1.4g	8.7g
of which saturated	0.7g	4.3g
Sodium	389mg	1763mg

Allergens: Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
450g	600g	Venison Mince
7,5ml	10ml	Dried Chilli Flakes
30ml	40ml	NOMU BBQ Rub
45ml	60ml	Tomato Paste
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & roughly shred</i>
60ml	80ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Tinfoil
Sugar/Sweetener/Honey

1. BAKED POTATO Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the potato in half lengthways — don't remove the skin! Coat in oil, season, and place on the tray, cut-side down. Bake in the hot oven until the flesh is soft and the skin is crispy, 40-45 minutes. Alternatively, air fry at 200°C until crispy, 40-50 minutes (shifting halfway).

2. TOMATO-CHILLI MINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 [\[5-6\]](#) minutes (shifting occasionally). Add the chilli flakes (to taste), the NOMU rub, and the tomato paste, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in 300ml [\[400ml\]](#) of water and simmer until reduced and thickening, 8-10 minutes. Remove from the heat, add a sweetener (to taste), and season.

3. GREEN SALAD In a salad bowl, combine the salad leaves and the cucumber with a drizzle of olive oil and seasoning. Set aside.

4. SOUR CREAM SAUCE In a small bowl, loosen the sour cream with a splash of water. Season and set aside.

5. ALL DONE! Plate up the baked potato. Top each half with the onion & chilli loaded savoury mince. Dollop over the loosened sour cream. Serve the dressed green salad on the side. Quick and simple as that, Chef!