



UCOOK

Canadian Bacon Poutine

with caramelised onions & a fresh salad

If you feel like indulging, why not go the whole hog with crispy bacon bits, caramelised onions, and silky beef gravy, all deliciously poured over a bed of potato fries and mozzarella balls. One bite of this rich, salty, cheesy dish, and you will understand why it's an all-time Canadian favourite. Naughty, but oh so nice!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 Fan Faves

 Leopard's Leap | Culinaria Pinot Noir
Chardonnay

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Potato <i>rinsed, peeled (optional), and sliced into 1cm thick fries</i>
40g	Salad Leaves <i>rinsed</i>
40g	Radish <i>rinsed & sliced into rounds</i>
10ml	Cornflour
2	Garlic Cloves <i>peeled & grated</i>
20ml	NOMU Beef Stock
20ml	NOMU Provençal Rub
30ml	Worcestershire Sauce
2	Onions <i>peeled & thinly sliced</i>
8 strips	Streaky Pork Bacon
8	Bocconcini Balls <i>drained & cut into quarters</i>
2	Spring Onions <i>finely sliced</i>

From Your Kitchen

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

1. DELICIOUS POMME DE TERRE Preheat the oven to 200°C. Spread out the potato fries on a roasting tray. Coat generously in oil and season. Roast in the hot oven for 25-30 minutes or until cooked through and crisping up, shifting halfway.

2. A SIDE OF SALAD In a bowl, combine the rinsed salad leaves, the radish rounds, a drizzle of oil, and seasoning. Set aside for serving.

3. GROOVY GRAVY In a small bowl, combine the cornflour and 10ml of water. Place a pan over medium heat with a drizzle of oil. When hot, add the grated garlic and fry for 1 minute, shifting constantly. Add 200ml of water, the beef stock, the rub, and the Worcestershire sauce. Simmer for 2-3 minutes until slightly reduced. Add the loosened cornflour and stir until thickened. Remove from the heat. Just before serving, gently reheat over a low heat.

4. CARAMELISATION STATION Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, add the sliced onion and fry for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste) to caramelise it further. Remove from the pan and cover to keep warm.

5. BRINGING HOME THE BACON Return the pan to a medium high heat. When hot, add the bacon slices and fry for 1-2 minutes per side until browned and crispy. Drain on paper towel and roughly chop into bite-sized pieces.

6. BON APPÉTIT! Make a bed of the fries and sprinkle over the quartered bocconcini balls. Pour over the gravy and top with the caramelised onion and bacon pieces. Garnish with the sliced spring onion and serve the salad on the side. A decadent dinner is served, Chef!

Nutritional Information

Per 100g

Energy	625kj
Energy	149kcal
Protein	7.1g
Carbs	12g
of which sugars	1.9g
Fibre	1.9g
Fat	8.4g
of which saturated	3.7g
Sodium	363mg

Allergens

Dairy, Allium, Sulphites

Cook
within
4 Days