



# UCOOK

## Loaded Fries & Chicken Mince

with spring onion & chilli

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!

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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:** Jade Summers

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Simple & Save

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Deetlefs Wine Estate | Deetlefs Stonecross  
Chardonnay

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## Ingredients & Prep

200g	Potato <i>peel (optional) &amp; cut into 1cm thick chips</i>
150g	Free-range Chicken Mince
10ml	Tomato Paste
1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
10ml	NOMU Mexican Spice Blend
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
60g	Black Beans <i>drain &amp; 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, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the tomato paste, the spring onion whites, the NOMU rub, and the sliced chilli (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 fried mince. Cover in the cheesy sauce. Garnish with the spring onion greens and any remaining chilli. 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	416kJ
Energy	100kcal
Protein	7.3g
Carbs	9g
of which sugars	2.4g
Fibre	1.4g
Fat	4.1g
of which saturated	1.8g
Sodium	124mg

## Allergens

Gluten, Allium, Wheat, Cow's Milk

Eat  
Within  
1 Day