



# 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!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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Simple & Save

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## Ingredients & Prep

|       |                                                                                                      |
|-------|------------------------------------------------------------------------------------------------------|
| 600g  | Potato<br><i>peel (optional) &amp; cut into 1cm thick chips</i>                                      |
| 450g  | Free-range Chicken Mince                                                                             |
| 30ml  | Tomato Paste                                                                                         |
| 2     | Spring Onions<br><i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 45ml  | Spicy Rub<br><i>(30ml NOMU Mexican Spice Blend &amp; 15ml Dried Chilli Flakes)</i>                   |
| 180g  | Black Beans<br><i>drain &amp; rinse</i>                                                              |
| 30ml  | Cake Flour                                                                                           |
| 300ml | Low Fat UHT Milk                                                                                     |
| 90g   | 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, 35-40 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 150ml of water, and simmer until slightly thickened, 4-5 minutes.

**3. CHEESY SAUCE** Place a small pot over medium heat with 30g 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