



UCCOOK

Loaded Fries & Spicy Ostrich Mince

with spring onion & black beans

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info

	Per 100g	Per Portion
Energy	482.9kJ	2774.7kJ
Energy	115.5kcal	663.7kcal
Protein	8.8g	50.6g
Carbs	10.4g	59.9g
of which sugars	1.8g	10.6g
Fibre	1.7g	9.6g
Fat	4.4g	25.3g
of which saturated	1.7g	10g
Sodium	191.3mg	1339.1mg

Allergens: Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>peel (optional) & cut into 1cm thick chips</i>
450g	600g	Free-range Ostrich Mince
30ml	40ml	Tomato Paste
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
45ml	60ml	Spicy Rub <i>(30ml [40ml] NOMU Mexican Spice Blend & 15ml [20ml] Dried Chilli Flakes)</i>
180g	240g	Black Beans <i>drain & rinse</i>
30ml	40ml	Cake Flour
300ml	400ml	Full Cream UHT Milk
90g	120g	Grated Mozzarella & Cheddar Cheese

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (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. Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

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, 3-4 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 beans and 150ml [200ml] of water, and simmer until slightly thickened, 4-5 minutes.

3. CHEESY SAUCE Place a small pot over medium heat with 30g [40g] 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 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.