



UCCOOK

Shawarma-Style Meatball Pita

with tzatziki & chutney

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kirsty Storar

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	687.3kJ	3810.5kJ
Energy	164.4kcal	911.5kcal
Protein	9g	49.9g
Carbs	14.8g	82g
of which sugars	4g	22.1g
Fibre	1.5g	8.4g
Fat	7.3g	40.5g
of which saturated	2.7g	15.1g
Sodium	153.9mg	853.1mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
12	16	Beef Meatballs
30ml	40ml	Paprika Mix <i>(15ml [20ml] Smoked Paprika & 15ml [20ml] Garlic Powder)</i>
60ml	80ml	Apple Cider Vinegar
225g	300g	Julienne Carrots
150g	200g	Cucumber <i>rinse & cut into strips</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
3	4	Pita Breads
150ml	200ml	Tzatziki
60g	80g	Green Leaves <i>rinse & roughly shred</i>
60g	80g	Pickled Onions <i>drain & roughly slice</i>
60ml	80ml	Mrs Balls Chutney
7,5ml	10ml	Dried Chilli Flakes

From Your Kitchen

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

1. MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. In the final 1-2 minutes, baste with the paprika mix. Remove from the pan.

2. SOME FRESHNESS In a bowl, combine the vinegar with a sweetener (to taste). Add the carrot, cucumber, and coriander, toss to combine, and season.

3. PITA BREAD Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut in half to make the pockets.

4. DINNER IS READY Smear the tzatziki inside the pockets, then stuff them with green leaves, pickled onion, meatballs, and a dollop of chutney. Finish with a sprinkle of chilli flakes (to taste) and serve with the cucumber and carrot mix. Dig in, Chef!