



UCOOK

Harissa Beef Mince Pita Pocket

with spicy yoghurt & minty carrot slaw

A minty carrot slaw for crunch, tangy tomato rounds, salty feta, browned beef mince, toasted almond slivers & fresh greens all combine to make the perfectly stuffed pita pockets. Once you've drizzled over the harissa yoghurt, you won't be able to wait to take the first bite!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Rhea Hsu

 Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
30ml	Lemon Juice
5g	Fresh Mint <i>rinse, pick & roughly chop</i>
20g	Almonds
100ml	Low Fat Plain Yoghurt
15ml	Pesto Princess Harissa Paste
1	Onion <i>peel & finely dice ½</i>
300g	Free-range Beef Mince
2	Pita Breads
40g	Green Leaves <i>rinse & roughly shred</i>
1	Tomato <i>rinse & cut into rounds</i>
60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROOTING FOR YOU In a bowl, combine the carrot matchsticks, the lemon juice, ½ the chopped mint, a sweetener, and seasoning. Set aside.

2. IN A NUTSHELL Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. GO FOR THE YOGHURT In a small bowl, combine the yoghurt, the harissa paste, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

4. MAKE MINCEMEAT OF THIS RECIPE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft and translucent, 2-3 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Caramelize until browned, 4-5 minutes (shifting occasionally). Season

5. DINNER'S ALMOST DONE Place a clean pan over medium heat. When hot, warm the pitas until heated through and lightly toasted, 30-60 seconds per side. Alternatively, pop them on a plate and heat up in the microwave, 30-60 seconds. Cut the heated pitas in half and open each half to form a pocket.

6. STUFFED FULL OF DELICIOUSNESS Stuff each pita pocket with some of the carrot slaw, the shredded green leaves, the tomato rounds, the drained feta, the toasted almonds, and the mince. Drizzle over the harissa yoghurt. Serve any remaining filling on the side. Garnish with the remaining mint. Enjoy!

Nutritional Information

Per 100g

Energy	602kj
Energy	144kcal
Protein	7.1g
Carbs	12g
of which sugars	2.3g
Fibre	1.7g
Fat	6.9g
of which saturated	2.6g
Sodium	126mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Cook
within 3
Days