



UCOOK

Sumac Pickled Onions & Beef Koftas

with **crispy kale & carrot wedges**

Koftas, kebabs, meatballs. These dishes all belong to the same delicious flavour family. In this UCOOK version, allspice beef mince is formed into a kofta and fried until browned. Served with sumac-infused pickled onions, a veggie medley of oven-roasted carrots, kale & tomatoes, and dollops of red pepper.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Muratie Wine Estate | Muratie Alberta
Annemarie Merlot 2019

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into wedges</i>
50g	Kale <i>rinse & roughly shred</i>
80g	Baby Tomatoes <i>rinse</i>
30ml	White Wine Vinegar
5ml	Sumac Spice
1	Onion <i>peel, finely dice ¼ & finely slice ¼</i>
150g	Free-range Beef Mince
2,5ml	Ground Allspice
3	Wooden Skewers
50ml	Red Pepper Hummus

From Your Kitchen

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

1. OVEN ROASTED VEG Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Toss through the rinsed baby tomatoes until coated.

2. PICKLED ONION In a bowl, combine the vinegar, 5ml of sweetener, the sumac and seasoning. Toss through the sliced onion and set aside to pickle. Drain right before serving.

3. ALLSPICE KOFTAS Place the mince into a bowl with the diced onion (to taste), the allspice and seasoning. Mix and roll into 3 koftas. Stick each one onto a skewer and pack tightly. Set aside.

4. ROAST WITH THE MOST When the carrots have 10 minutes remaining, give the tray a shift and scatter over the dressed kale & tomatoes. Roast for the remaining time.

5. FRIED KOFTAS Place a pan over medium-high heat. When hot, fry the koftas until browned and cooked through, 4-6 minutes (shifting as they colour). Remove from the heat and season.

6. GRAB A SKEWER Plate up the roasted veg and side with the kofta skewers. Serve with the sumac pickled onions and dollop over the red pepper hummus.



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	362kj
Energy	87kcal
Protein	4.6g
Carbs	6g
of which sugars	2.6g
Fibre	2g
Fat	4.5g
of which saturated	1.6g
Sodium	66mg

Allergens

Allium, Sesame, Sulphites

Eat
Within
3 Days