



# UCOOK

## Spicy Chorizo & Beef Frikkadels

**with a chilli cheese sauce & roasted  
carrot salad**

If you can't remember the last time you had homemade frikkadels on your plate, it's been too long, Chef! Time to change that with these appetising beef & chorizo frikkadels, with a spicy Spanish note. A chipotle-infused homemade cheese sauce is dolloped over and a side of orange-glazed carrots, greens & feta bring it all together.

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**Hands-on Time:** 45 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Adventurous Foodie

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Strandveld | Grenache

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## Ingredients & Prep

|       |                                                                              |
|-------|------------------------------------------------------------------------------|
| 720g  | Carrot<br><i>rinse, trim, peel &amp; cut into bite-sized pieces</i>          |
| 450g  | Free-range Beef Mince                                                        |
| 90g   | Sliced Pork Chorizo<br><i>finely chop</i>                                    |
| 120ml | Spiced Crumbs<br><i>(90ml Panko Breadcrumbs &amp; 30ml NOMU Spanish Rub)</i> |
| 120ml | Sweet Glaze<br><i>(60ml Honey &amp; 60ml Orange Juice)</i>                   |
| 30ml  | Cake Flour                                                                   |
| 150ml | Low Fat UHT Milk                                                             |
| 90g   | Cheddar Cheese<br><i>grate</i>                                               |
| 30g   | Chipotle Chillies In Adobo<br><i>roughly chop</i>                            |
| 60g   | Green Leaves<br><i>rinse</i>                                                 |
| 60g   | Danish-style Feta<br><i>drain</i>                                            |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Milk (optional)  
Butter

**1. CARROTS** Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. FRIKKADEL PREP** In a bowl, combine the mince, the chopped chorizo, the spiced crumbs, 1½ eggs, and season. Wet your hands slightly and shape the mixture into 4-5 mini patties per portion. Set aside.

**3. FAB FRIKKADELS** Place a pan over medium heat with a drizzle of oil. When hot, fry the patties until browned and cooked through, 1-2 minutes per side. Remove from the pan.

**4. GLAZED CARROTS** When the carrots have 5-8 minutes left to cook, drizzle the sweet glaze over them and shake the tray to coat evenly.

**5. CHEESE 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. If it's too thick, loosen with a splash of water or milk (optional). Stir until the cheese is melted, mix in the chopped chipotle chillies (to taste), and season.

**6. JUST BEFORE SERVING** In a salad bowl, add the roasted carrots, the green leaves, the drained feta, and a drizzle of olive oil.

**7. DINNER IS READY** Plate up the carrot salad, side with the frikkadels, and drizzle the spicy cheese sauce over the frikkadels. Well done, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 655kj   |
| Energy             | 157kcal |
| Protein            | 8.6g    |
| Carbs              | 11g     |
| of which sugars    | 6.7g    |
| Fibre              | 1.5g    |
| Fat                | 8.8g    |
| of which saturated | 3.8g    |
| Sodium             | 244mg   |

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Alcohol, Cow's Milk

Eat  
Within  
3 Days