Eat Within 3 Days

UCOOK

Turkish Spiced Beef Mince

with fluffy couscous & green beans

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis Stellenbosch Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	754kJ	3662kJ
Energy	180kcal	876kcal
Protein	10.1g	49.2g
Carbs	18g	85g
of which sugars	5.5g	26.5g
Fibre	2.9g	14.2g
Fat	8.5g	41.5g
of which saturated	2.5g	12.1g
Sodium	157mg	761mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
10g	20g	Hazelnuts *roughly chop*
10g	20g	Almonds *roughly chop*
100g	200g	Green Beans *rinse & cut in half*
150g	300g	Beef Mince
1	2	Spring Onion/s *rinse, trim & roughly slice*
15ml	30ml	Spice Mix *(10ml [20ml] NOMU Moroccan Rub, 2,5ml [5ml] Smoked Paprika & 2,5ml [5ml] Garlic Powder)*
30ml	60ml	Tomato Paste
20ml	40ml	Apricot Jam
60ml	125ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. COUSCOUS Boil the kettle. Place the couscous in a bowl with 100ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. NUTS & BEANS Place the nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan. Return the pan to medium-high heat with a drizzle of oil. Fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan and season.

3. MMMINCE Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Add the spring onion, the spice mix, and the tomato paste. Fry until fragrant, 3-4 minutes. Add 50ml [100ml] of water. Simmer until slightly reduced and thickened, 3-4 minutes. Mix in the apricot jam (to taste), and the charred green beans. Remove from the heat and season.

4. DINNER IS READY Make a bed of the fluffy couscous, top with the loaded flavourful mince, and dollops of the tzatziki. Sprinkle over the nuts. Enjoy, Chef!