



UCCOOK

Fiery Chorizo & Beef Frikkadels

with a chilli cheese sauce & roasted carrot salad

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range
Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	655kJ	4012kJ
Energy	157kcal	960kcal
Protein	8.6g	52.5g
Carbs	11g	68g
of which sugars	6.7g	40.8g
Fibre	1.5g	9.1g
Fat	8.8g	53.6g
of which saturated	3.8g	23.5g
Sodium	244mg	1497mg

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

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
150g	300g	Beef Mince
30g	60g	Sliced Pork Chorizo <i>finely chop</i>
40ml	80ml	Spiced Crumbs <i>(30ml [60ml] Panko Breadcrumbs & 10ml [20ml] NOMU Spanish Rub)</i>
40ml	80ml	Sweet Glaze <i>(20ml [40ml] Honey & 20ml [40ml] Orange Juice)</i>
10ml	20ml	Cake Flour
50ml	100ml	Low Fat UHT Milk
30g	60g	Cheddar Cheese <i>grate</i>
10g	20g	Chipotle Chillies In Adobo <i>roughly chop</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Egg/s
Butter
Seasoning (salt & pepper)

1. **CARROTS** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. **FRIKKADEL PREP** In a bowl, combine the mince, the chorizo, the spiced crumbs, ½ [1] egg, and season. Wet your hands slightly and shape the mixture into 4-5 mini patties. 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 10g [20g] 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 cheese. If it's too thick, loosen with a splash of water or milk (optional). Stir until the cheese is melted, mix in the chipotle chillies (to taste), and season.

6. **JUST BEFORE SERVING** In a salad bowl, add the roasted carrots, the green leaves, the 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!