



# QCOOK

## Turkish Chicken Mince

with fluffy jasmine rice & tzatziki

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	673.8kJ	3496.8kJ
Energy	161.2kcal	836.3kcal
Protein	8.1g	42g
Carbs	20.9g	108.5g
of which sugars	6.3g	32.5g
Fibre	2.1g	10.9g
Fat	5.1g	26.2g
of which saturated	0.9g	4.6g
Sodium	180.3mg	935.9mg

**Allergens:** Cow's Milk, Allium, Sulphites, Tree Nuts

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
45g	60g	Almonds
450g	600g	Free-range Chicken Mince
225g	300g	Sliced Onions
45ml	60ml	Spice Mix <i>(30ml [40ml] NOMU Moroccan Rub, 7,5ml [10ml] Dried Chilli Flakes &amp; 7,5ml [10ml] Garlic Powder)</i>
60ml	80ml	Tomato Paste
45ml	60ml	Pesto Princess Chermoula Paste
60ml	80ml	Apricot Jam
225g	300g	Julienne Carrots
150ml	200ml	Tzatziki
45g	60g	Dried Apricots <i>roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

1. **RICE** Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. **NUTS** Place the nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **TURKISH MINCE** 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 onions and fry until lightly golden, 5-6 minutes. Add the spice mix, tomato paste, chermoula paste and fry until fragrant, 2-3 minutes. Add 300ml [400ml] of water, and mix in the apricot jam (to taste). Simmer until slightly thickening, 8-10 minutes. Remove from the heat, mix in the julienne carrots and season.

4. **TIME TO EAT** Make a bed of the rice, top with the delicious mince and scatter over the nuts. Add dollops of the tzatziki and garnish with apricots. Well done, Chef!