



UCOOK

Mango Atchar & Beef Frikkadels

with roasted beetroot & a fresh side salad


It doesn't get any more local than this. Homemade beef frikkadels are served with a Mrs Balls Chutney-yoghurt and mango atchar for dunking. Sided with roasted beetroot chunks & a fresh salad with baby tomatoes & cucumber. Quick, easy, and tasty - this is a weeknight winner dinner!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Delheim Wines | Delheim Gewürztraminer

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Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized pieces</i>
10ml	NOMU African Rub
30ml	Low Fat Plain Yoghurt
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
20ml	Mrs Balls Chutney
150g	Free-range Beef Mince
1	Onion <i>¼ peeled & finely diced</i>
5ml	Worcestershire Sauce
20g	Green Leaves <i>rinsed</i>
80g	Baby Tomatoes <i>rinsed & halved</i>
50g	Cucumber <i>rinsed & cut into half-moons</i>
40ml	Mango Atchar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. SWEET BEETS Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. YO, CHUTNEY! In a small bowl, combine the yoghurt, ½ the chopped parsley, the chutney, and seasoning. Set aside.

3. FRIKKA-LEKKER-DELS In a bowl, combine the beef mince, the diced onion (to taste), the remaining NOMU rub, the Worcestershire sauce, and seasoning. Wet your hands slightly to stop the mixture from sticking to them and shape into 4-5 meatballs. Place on a lightly greased roasting tray and bake in the hot oven until cooked through, 8-10 minutes (shifting halfway).

4. SIMPLE SALAD In a salad bowl, combine the rinsed green leaves, the halved baby tomatoes, the cucumber half-moons, a drizzle of olive oil, and seasoning.

5. GRUB'S UP! Plate up the beef frikkadels. Side with the roasted beetroot, the dressed salad, and the mango atchar. Dollop the chutney yoghurt over the frikkadels. Garnish with the remaining parsley. Looks good, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	421kJ
Energy	101kcal
Protein	4.9g
Carbs	6g
of which sugars	3.3g
Fibre	1.6g
Fat	6.5g
of which saturated	1.8g
Sodium	224mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days