

# UCOOK

## Chermoula Beef Meatball Wraps

with a baby tomato salad

We're travelling upwards on the map today to North Africa by using a chermoula-infused mayo as the creaminess for this dish. Smearred on toasted tortillas, this traditional relish forms the base for smashed beef meatball patties, & fresh greens. Served with a lightly pickled tomato, mint & toasted pumpkin seed salad.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 4 People

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**Chef:** Jenna Peoples

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Quick & Easy

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Domaine Des Dieux | Josephine Pinot Noir

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## Ingredients & Prep

16	Free-range Beef Meatballs
8	Wheat Flour Tortillas
40ml	White Wine Vinegar
320g	Baby Tomatoes <i>rinse &amp; cut in half</i>
10g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
40g	Pumpkin Seeds
240ml	Chermoula Mayo <i>(180ml Mayo &amp; 60ml Pesto Princess Chermoula Paste)</i>
80g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. MEATBALLS** Squash the meatballs flat to form mini patties. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 2-3 minutes per side.

**2. TOAST** Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**3. SALAD** In a bowl, combine the vinegar with a drizzle of olive oil, and a sweetener (to taste). Add the halved tomatoes, the chopped mint, the pumpkin seeds, and season.

**4. WRAP IT UP** Smear the wraps with the chermoula mayo, top with the shredded leaves, and the meatballs. Season, fold up, and serve alongside the tomato salad. That's a wrap, Chef!



## Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	989kJ
Energy	237kcal
Protein	9.8g
Carbs	11g
of which sugars	1.8g
Fibre	1.6g
Fat	16.2g
of which saturated	4.4g
Sodium	203mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Eat  
Within  
3 Days