



UCCOOK

Plant-based Bites & Whipped Feta

with toasted pita bread & charred baby marrow

A homemade feta-whipped yoghurt is smeared on the plate (because it looks and tastes great!), then topped with mouthwatering Green Fields Vegan Meatballs. Dish up the NOMU Moroccan Rub-spiced baby marrow & onion, serve with pan-toasted pita quarters, and dine to your heart's delight, Chef!

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Veggie

Groote Post Winery | Groote Post Brut Rosé MCC

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

300g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
2	Onions <i>peel & roughly slice</i>
15ml	NOMU Moroccan Rub
15	Green Fields Vegan Meatballs
125ml	Greek Yoghurt
120g	Danish-style Feta <i>drain</i>
3	Pita Breads
8g	Fresh Mint <i>rinse & pick</i>

From Your Kitchen

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

1. BABY MARROW Place a pan over high heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes (shifting as they colour). Remove from the pan.

2. MOROCCAN VEG MEDLEY Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until lightly soft and golden, 10-12 minutes. In the final 1-2 minutes, mix in the baby marrow pieces and the NOMU rub. Remove from the pan, season, and cover.

3. MMMEATBALLS Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Remove from the pan. (Alternatively: Air fry the meatballs at 200°C until crispy, 5-8 minutes, shifting halfway).

4. WHIPPED FETA In a small bowl, combine the yoghurt and the drained feta. Mash with a fork until combined. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth.

5. TOASTY PITA Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters.

6. TAKE A BITE Smear the whipped feta, top with the meatballs, side with the charred veggies, and the pita triangles. Garnish with the picked mint leaves. Cheers, Chef!

Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	8.1g
Carbs	15g
of which sugars	2.2g
Fibre	2.2g
Fat	4.5g
of which saturated	1.6g
Sodium	300mg

Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
4 Days