



# UCOOK

## Egyptian Wagyu Beef Pita

with tahini & a tomato salsa

Fluffy pita pockets are stuffed with a tantalising mixture of beef mince and fragrant spices, before being baked until golden, crisp and delicious. It is served with creamy tzatziki and a tomato, dried pomegranate & cabbage salad. This little hand-held delicacy will have you closing your eyes with every delicious bite!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kelly Fletcher

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Adventurous Foodie

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Strandveld | Syrah 2021

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## Ingredients & Prep

1	Pita Bread
100g	Cabbage <i>rinse &amp; thinly slice</i>
150g	Free-range Wagyu Beef Mince
1	Onion <i>peel &amp; finely dice ¼</i>
3g	Fresh Parsley <i>rinse, pick &amp; finely chop</i>
15ml	NOMU Spice Mix <i>(10ml NOMU Moroccan Rub &amp; 5ml Ground Cumin)</i>
25ml	Tahini
1	Tomato <i>rinse &amp; roughly dice</i>
10g	Dried Pomegranate Gems
1	Lemon <i>rinse &amp; cut ½ into wedges</i>
50ml	Tzatziki

## From Your Kitchen

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

**1. PITA PARTY** Preheat the oven to 220°C. Place the pita bread on a roasting tray and pop in the hot oven until heated through and softened, 1-3 minutes. Halve the heated pita.

**2. CRAZY CABBAGE** Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced cabbage until slightly softened, 3-5 minutes (shifting occasionally). Season.

**3. PITA POCKETS** In a bowl, combine the mince, ½ the sautéed cabbage, ½ the diced onion, the chopped parsley, the NOMU spice mix, the tahini, and seasoning. Divide into 2 portions and stuff each portion into the pita halves, gently pressing to flatten. Lightly brush the pita halves with olive oil. Place on a baking tray and bake in the hot oven until browned and cooked through, 8-12 minutes (flipping halfway).

**4. LET'S SALSA** In a bowl, combine the diced tomato, the remaining diced onion (to taste), the remaining cabbage, the pomegranate gems, the juice of 1 lemon wedge, a drizzle of olive oil, and seasoning.

**5. I GOTTA POCKET FULL OF SUNSHINE!** Plate up the fragrant stuffed pita pockets. Side with the tzatziki and the fresh tomato-cabbage salad. Garnish with any remaining lemon wedges. Wow, Chef!



## Chef's Tip

Here's a quick hack if you don't feel like chopping your onion and parsley: just pop it in a food processor or blender and pulse until finely chopped!

## Nutritional Information

Per 100g

Energy	465kj
Energy	112kcal
Protein	5.2g
Carbs	12g
of which sugars	2.6g
Fibre	2.2g
Fat	4.9g
of which saturated	1.4g
Sodium	131mg

## Allergens

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

Eat  
Within  
3 Days