



# QCOOK

## Smashed Beef Flatbread

with Danish-style feta & chimichurri

**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Ethan Shahim

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	817kJ	4463kJ
Energy	195kcal	1068kcal
Protein	9.7g	52.8g
Carbs	15g	83g
of which sugars	2g	10.9g
Fibre	1.7g	9g
Fat	10.3g	56.1g
of which saturated	3.6g	19.9g
Sodium	343mg	1876mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
4	8	Beef Meatballs
2	4	Pita Flatbreads
7,5ml	15ml	NOMU Moroccan Rub
1	2	Tomato/es <i>rinse &amp; slice into half-moons</i>
20g	40g	Green Leaves <i>rinse</i>
30g	60g	Pickled Onions <i>drain &amp; slice</i>
20ml	40ml	Pesto Princess Chimichurri Sauce
20g	40g	Danish-style Feta <i>drain &amp; crumble</i>
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

- 1. MMMOROCCAN MEATBALLS** Place a pan over medium-high heat with a drizzle of oil. Smash two meatballs onto one side of each flatbread, sprinkle with NOMU Moroccan Rub, and season (to taste).
- 2. TWO-IN-ONE** When hot, place the flatbread meat-side down in the pan, sear the beef until browned and cooked through, 3-4 minutes. Flip and toast until crisping up, 1-2 minutes. Remove from the pan.
- 3. DINNER IS DONE** Plate up the flatbread. Top the smashed flatbread with tomato, green leaves, pickled onions and chimichurri. Crumble the feta over the top and finish with parsley. Serve the flatbread, and enjoy dinner, Chef.

### Chef's Tip

If you have the time, take the opportunity to light up the braai and grill the flatbread and mince over the hot coals.