



UCOOK

Tandoori Beef Meatballs

with crispy lentils & pistachios

Juicy, tender beef meatballs served on a bed of quinoa, crispy lentils, and toasted pistachios – all topped with a homemade cucumber raita. Yum!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Samantha Finnegan

♥ Health Nut

🍷 Warwick Wine Estate | Three Cape Ladies

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Ingredients & Prep

480g	Lentils <i>drained & rinsed</i>
40g	Pistachio Nuts
2	Onions <i>peeled & finely diced</i>
300ml	White Quinoa <i>rinsed</i>
20ml	Vegetable Stock
600g	Free-range Beef Mince
40ml	NOMU Tandoori Rub
15g	Fresh Coriander <i>rinsed & roughly chopped</i>
200g	Cucumber
200ml	Coconut Yoghurt
80g	Dried Apricot <i>roughly chopped</i>
80g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. ROAST THE LENTILS Preheat the oven to 200°C. Place the drained lentils on a roasting tray, coat in some oil, and season. Roast in the hot oven for 20-25 minutes until gorgeously crispy.

2. TOASTED PISTACHIOS Place the pistachios in a large pot over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pot on completion and roughly chop when cool enough to handle.

3. QUINOA TIME Return the pot to a medium heat with a drizzle of oil. Sauté ½ of the diced onion for 2-3 minutes until soft and translucent. Add in the quinoa, vegetable stock, and 800ml of water. Cook for 12-15 minutes until the quinoa is fluffy and the tails have popped out, adding more water if required during the cooking process. On completion, drain any excess liquid from the quinoa and return to the pot. Cover with a lid and allow to stand off the heat for 5 minutes.

4. MEATBALLS! In a bowl, combine the mince, Tandoori Rub (to taste), ½ the chopped coriander, the remaining diced onion and seasoning. Mix to combine and roll into 4-5 meatballs per portion. When the lentils are about halfway done, add the meatballs to a lightly greased baking tray. Bake in the oven for 8-10 minutes until cooked through.

5. RAITA RAZZLE To make the raita, first cut the cucumber in half lengthways. Then, using a teaspoon, remove the pulp from the centre and discard it. Grate the remaining cucumber. In a bowl, combine the grated cucumber with the yoghurt, the remaining chopped coriander, and some seasoning to taste. Set aside for serving. Just before serving, toss ½ of the toasted pistachios (reserving the rest for garnish) and the chopped apricots through the cooked quinoa.

6. SERVE UP! Time to plate up! Make a bed of green leaves and top with some nutty quinoa and the juicy lamb meatballs. Scatter over the crispy lentils and dollop with the cucumber raita. Garnish with the remaining pistachios. Well Done, Chef!

Nutritional Information

Per 100g

Energy	805kJ
Energy	192Kcal
Protein	10.5g
Carbs	22g
of which sugars	4.7g
Fibre	5.2g
Fat	7.1g
of which saturated	2.4g
Sodium	201mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 3
Days