



UCCOOK

Beef Mince-filled Gem Squash

with a Danish-style feta & cucumber salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Stettyn Wines | Stettyn Family Range
Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	425kJ	4071kJ
Energy	102kcal	974kcal
Protein	5.5g	52.4g
Carbs	7g	69g
of which sugars	2.3g	21.8g
Fibre	2.3g	22.3g
Fat	4.6g	44g
of which saturated	1.8g	17.5g
Sodium	104mg	999mg

Allergens: Cow's Milk, Allium

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Gem Squash <i>rinse, halve & deseed</i>
120g	240g	Chickpeas <i>drain & rinse</i>
10g	20g	Pumpkin Seeds
1	1	Onion <i>peel & finely dice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
150g	300g	Beef Mince
10ml	20ml	NOMU Cajun Rub
200ml	400ml	Tomato Passata
20g	40g	Green Leaves <i>rinse & roughly shred</i>
50g	100g	Cucumber <i>rinse & cut into thin matchsticks</i>
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter
Seasoning (salt & pepper)

1. GEMS IN THE OVEN Preheat the oven to 200°C. Place the gem squash on a roasting tray, cut-side up. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. Place the chickpeas into a bowl and toss with a drizzle of oil and seasoning. Set aside.

2. TOASTED SEEDS 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.

3. SAUCY MINCE Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince and work quickly to break it up as it starts to cook. Add the NOMU rub and fry until browned, 3-4 [4-5] minutes (shifting occasionally). Pour in the tomato passata and 150ml [300ml] of water. Simmer until the sauce has reduced and thickened, 8-10 minutes (shifting occasionally). Stir through a sweetener and seasoning. Remove from the heat, cover, and set aside.

4. GOLDEN CHICKPEAS When the gem squash reaches the halfway mark, remove the tray from the oven, pop a small knob of butter into each half, and scatter the chickpeas over the open space of the tray. Return to the oven for the remaining time.

5. QUICK SALAD In a salad bowl, toss together the green leaves, the cucumber, the feta, ½ the toasted pumpkin seeds, a drizzle of olive oil, and seasoning. Set aside.

6. FINAL TOUCHES When the roast is done, scoop the cooked gem squash flesh & chickpeas into the pan with the saucy mince, reserving the empty shells. Mix until combined and refill the empty gem squash shells with the mince & gem squash mixture. Return to the oven to heat through, about 5 minutes.

7. DELISH DINNER Plate up the filled gem squash shells and serve the cucumber & feta salad alongside. Serve any remaining filling on the side. Scatter over the remaining pumpkin seeds. Amazing, Chef!