

# UCCOOK

## One-pot Moroccan Beef

with dried apricots & coriander

**Hands-on Time:** 50 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Pebble Hill

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 433kJ    | 3243kJ      |
| Energy             | 104kcal  | 776kcal     |
| Protein            | 5.3g     | 39.8g       |
| Carbs              | 10g      | 73g         |
| of which sugars    | 4.1g     | 30.9g       |
| Fibre              | 2.3g     | 16.9g       |
| Fat                | 4.2g     | 31.2g       |
| of which saturated | 1.5g     | 11.2g       |
| Sodium             | 109mg    | 817mg       |

**Allergens:** Allium, Sulphites, Alcohol

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |  |
|----------|------------|--|
| 2        | 2          | Onions<br><i>peel &amp; finely dice 1½ [2]</i>               |
| 720g     | 960g       | Carrot<br><i>trim, peel &amp; cut into bite-sized chunks</i> |
| 450g     | 600g       | Beef Mince   |
| 30ml     | 40ml       | NOMU Moroccan Rub  |
| 180g     | 240g       | Chickpeas<br><i>drain &amp; rinse</i>                        |
| 3        | 4          | Garlic Cloves<br><i>peel &amp; grate</i>                     |
| 45ml     | 60ml       | Red Wine   |
| 300ml    | 400ml      | Tomato Passata   |
| 3        | 4          | Poppadoms  |
| 15ml     | 20ml       | Cornflour  |
| 30g      | 40g        | Dried Apricots<br><i>roughly chop</i>                        |
| 8g       | 10g        | Fresh Coriander<br><i>rinse &amp; roughly chop</i>           |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Seasoning (salt & pepper)

**1. STEW, THAT WAS CLOSE!** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the carrot until softening, 4-5 minutes (shifting occasionally). Add mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the NOMU rub, the chickpeas, and the garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the red wine and simmer until almost all evaporated, 2-3 minutes. Pour in the tomato passata and 300ml [400ml] of water, reduce the heat, and simmer until slightly thickened, 8-10 minutes.

**2. POPPADOM PARTY** Place a clean pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up - you may need to do this step in batches. Carefully remove from the pan on completion and allow to drain on some paper towel. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds.

**3. THE FINALE** In a bowl, combine the cornflour with 30ml [40ml] of water. When the mince has 2-3 minutes remaining, add the cornflour slurry, ½ the apricots, ½ the coriander and some seasoning.

**4. THE MAIN EVENT** Plate up the saucy mince and sprinkle over the remaining coriander and apricots. Side with the crispy poppadoms for dunking. Well done, Chef!