



UCCOOK

Creamy Harissa Beef & Wild Rice

with charred long-steam broccoli


Spicy, smoky, and straight from Northern Africa, harissa paste adds a peppery kick to the coconut cream sauce, which coats the browned beef meatballs. Add a generous serving of brown basmati rice, zesty charred broccoli, and a coconut flake & almond mix for garnish, and you've got a flavour feast.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jemimah Smith

 Adventurous Foodie

 Strandveld | The Navigator Red Blend

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Ingredients & Prep

100ml	Brown Basmati Rice <i>rinse</i>
20g	Nut Mix <i>(10g Coconut Flakes & 10g Almonds)</i>
150g	Free-range Beef Mince
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
5ml	NOMU Garam Masala Rub
30ml	Pesto Princess Harissa Paste
1	Garlic Clove <i>peel & grate</i>
100ml	Coconut Cream
100g	Long-stem Broccoli <i>rinse & trim</i>
1	Lemon <i>rinse, zest & cut into wedges</i>

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. TOAST Place the nut mix in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. MEATBALLS In a bowl, combine the mince, the spring onion greens (to taste), the NOMU rub, ½ the harissa paste, and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the meatballs until browned but not cooked through, 2-3 minutes (shifting occasionally). Remove from the pan.

4. CREAMY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the spring onion whites, the grated garlic, and the remaining harissa paste until fragrant, 1-2 minutes. Mix in the coconut cream, 100ml of water, and the browned meatballs. Simmer until the meatballs are cooked through and the sauce is thickening, 6-8 minutes. Remove from the heat and season.

5. BROCCOLI Place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the broccoli until lightly charred and cooked through, 5-6 minutes (shifting occasionally). Remove from the heat, place in a bowl, add the lemon zest, a squeeze of lemon juice (both to taste), and seasoning.

6. TIME TO EAT Make a bed of the fluffy rice, top with the saucy meatballs, and side with the lemony broccoli. Sprinkle over the toasted nut mix. Dig in, Chef!

Nutritional Information

Per 100g

Energy	790kJ
Energy	189kcal
Protein	7.7g
Carbs	15g
of which sugars	2g
Fibre	3g
Fat	10.9g
of which saturated	5.5g
Sodium	100mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
withinn
3 Days