

UCCOOK

Turkish Chicken Mince

with fluffy jasmine rice & tzatziki

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	673.8kJ	3496.8kJ
Energy	161.2kcal	836.3kcal
Protein	8.1g	42g
Carbs	20.9g	108.5g
of which sugars	6.3g	32.5g
Fibre	2.1g	10.9g
Fat	5.1g	26.2g
of which saturated	0.9g	4.6g
Sodium	180.3mg	935.9mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
15g	30g	Almonds
150g	300g	Free-range Chicken Mince
75g	150g	Sliced Onions
15ml	30ml	Spice Mix <i>(10ml [20ml] NOMU Moroccan Rub, 2,5ml [5ml] Dried Chilli Flakes & 2,5ml [5ml] Garlic Powder)</i>
20ml	40ml	Tomato Paste
15ml	30ml	Pesto Princess Chermoula Paste
20ml	40ml	Apricot Jam
75g	150g	Julienne Carrots
50ml	100ml	Tzatziki
15g	30g	Dried Apricots <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

1. RICE Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

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

3. TURKISH MINCE Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Add the onions and fry until lightly golden, 3-5 minutes. Add the spice mix, tomato paste, chermoula paste and fry until fragrant, 1-2 minutes. Add 100ml [200ml] of water, and mix in the apricot jam (to taste). Simmer until slightly thickening, 4-6 minutes. Remove from the heat, mix in the julienne carrots and season.

4. TIME TO EAT Make a bed of the rice, top with the delicious mince and scatter over the nuts. Add dollops of the tzatziki and garnish with apricots. Well done, Chef!