



UCCOOK

Sumac Onions & Pork Koftas

with goat's cheese & red pepper hummus

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	394kJ	2956kJ
Energy	94kcal	707kcal
Protein	4.9g	36.7g
Carbs	7g	54g
of which sugars	3.4g	25.7g
Fibre	1.9g	14g
Fat	5.5g	40.9g
of which saturated	2g	15.3g
Sodium	344mg	2580mg

Allergens: Allium, Sesame, Sulphites

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
50g	100g	Kale <i>rinse & roughly shred</i>
2,5ml	5ml	Sumac Spice
30g	60g	Pickled Onions <i>drain & finely slice</i>
150g	300g	Pork Mince
1	1	Garlic Clove <i>peel & grate</i>
7,5ml	15ml	Greek Salt <i>(2,5ml [5ml] All-spice & 5ml [10ml] Greek Seasoning)</i>
3	6	Wooden Skewers
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
25g	50g	Chevin Goat's Cheese
50ml	100ml	Red Pepper Hummus

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Seasoning (salt & pepper)

1. OVEN ROASTED VEG Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened.

2. SUMAC ONIONS In a small bowl, combine the onions with the sumac and set aside.

3. KOFTAS Place the mince into a bowl with the garlic and the Greek salt. Mix and roll into 3 [6] koftas. Stick each one onto a skewer and pack tightly. Set aside.

4. ROAST WITH THE MOST When the carrot has 6-8 minutes remaining, give the tray a shift and scatter over the kale. Roast for the remaining time until crispy.

5. FRIED KOFTAS Place a pan over medium-high heat. When hot, fry the koftas until browned and cooked through, 4-6 minutes (shifting as they colour). Remove from the heat.

6. GRAB A SKEWER Plate up the roasted veg, scatter over the sun-dried tomatoes, and crumble over the goat's cheese. Side with the kofta skewers and the sumac pickled onions. Finish with dollops of the red pepper hummus. Well done, Chef!