



UCCOOK

Chermoula Frikkadels

with couscous, green pepper & mixed herbs

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	333kj	2072kj
Energy	80kcal	496kcal
Protein	6.4g	39.7g
Carbs	6g	37g
of which sugars	1g	9g
Fibre	2g	9g
Fat	3.1g	19.5g
of which saturated	0.9g	5.4g
Sodium	30mg	188mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
90ml	120ml	Couscous
90g	120g	Peas
450g	600g	Free-range Chicken Mince
45ml	60ml	Pesto Princess Chermoula Paste
3	4	Spring Onions <i>rinse, trim & finely slice</i>
240g	320g	Baby Tomatoes <i>rinse</i>
150ml	200ml	Greek Yoghurt
45ml	60ml	Lemon Juice
300g	400g	Cucumber <i>rinse & roughly dice</i>
8g	10g	Fresh Mint <i>rinse, pick & finely chop</i>
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
2	2	Bell Peppers <i>rinse, deseed & dice 1½ [2]</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water

- 1. COUSCOUS & PEAS** Boil the kettle. Place the couscous and peas in a bowl with 150ml [200ml] of boiling water. Season, cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 2. SOME PREP** In a bowl, combine the mince, chermoula paste, spring onion (to taste), and season. Wet your hands slightly and shape the mince mixture into 4-5 mini patties per portion.
- 3. CHERMOULA FRIKKADELS** Place a pan over medium heat. When hot, add the mini patties and lightly coat with cooking spray or oil (optional). Fry until browned and cooked through, 3-5 minutes (shifting occasionally). Remove from the pan.
- 4. CHARRED TOMATOES** Return the pan to medium heat. When hot, add the baby tomatoes and lightly coat with cooking spray or oil (optional). Fry until blistered, 6-8 minutes. Remove from the heat.
- 5. JUST BEFORE SERVING** In a small bowl, combine the yoghurt and lemon juice (to taste). In the bowl with the couscous, add the charred tomatoes, cucumber, mint, parsley, pepper, and season.
- 6. DINNER IS READY** Bowl up the loaded couscous, top with the chermoula frikkadels, and finish with dollops of the lemon yoghurt. Enjoy, Chef!