



# UCCOOK

## Plant-based Bites & Whipped Feta

with toasted pita bread & charred baby marrow

A homemade feta-whipped yoghurt is smeared on the plate (because it looks and tastes great!), then topped with mouthwatering Green Fields Vegan Meatballs. Dish up the NOMU Moroccan Rub-spiced baby marrow & onion, serve with pan-toasted pita quarters, and dine to your heart's delight, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Veggie

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Groote Post Winery | Groote Post Brut Rosé MCC

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## Ingredients & Prep

100g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
1	Onion <i>peel &amp; roughly slice</i>
5ml	NOMU Moroccan Rub
5	Green Fields Vegan Meatballs
40ml	Greek Yoghurt
40g	Danish-style Feta <i>drain</i>
1	Pita Bread
3g	Fresh Mint <i>rinse &amp; pick</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Blender (optional)

**1. BABY MARROW** Place a pan over high heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 2-3 minutes (shifting as they colour). Remove from the pan.

**2. MOROCCAN VEG MEDLEY** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until lightly soft and golden, 8-10 minutes. In the final 1-2 minutes, mix in the baby marrow pieces and the NOMU rub. Remove from the pan, season, and cover.

**3. MMMEATBALLS** Return the pan, wiped down, to medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned, 2-3 minutes per side. Remove from the pan. (Alternatively: Air fry the meatballs at 200°C until crispy, 5-8 minutes, shifting halfway).

**4. WHIPPED FETA** In a small bowl, combine the yoghurt and the drained feta. Mash with a fork until combined. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth.

**5. TOASTY PITA** Place a clean pan over medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut into quarters.

**6. TAKE A BITE** Smear the whipped feta, top with the meatballs, side with the charred veggies, and the pita triangles. Garnish with the picked mint leaves. Cheers, Chef!

## Nutritional Information

Per 100g

Energy	569kJ
Energy	136kcal
Protein	8.1g
Carbs	15g
of which sugars	2.2g
Fibre	2.2g
Fat	4.5g
of which saturated	1.6g
Sodium	300mg

## Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat  
Within  
4 Days