

# UCCOOK

## One-pot Moroccan Beef

with dried apricots & coriander

**Hands-on Time:** 50 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Pebble Hill

### Nutritional Info

	Per 100g	Per Portion
Energy	433kj	3243kj
Energy	104kcal	776kcal
Protein	5.3g	39.8g
Carbs	10g	73g
of which sugars	4.1g	30.9g
Fibre	2.3g	16.9g
Fat	4.2g	31.2g
of which saturated	1.5g	11.2g
Sodium	109mg	817mg

**Allergens:** Allium, Sulphites, Alcohol

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel &amp; finely dice 1½ [2]</i>
720g	960g	Carrot <i>trim, peel &amp; cut into bite-sized chunks</i>
450g	600g	Beef Mince
30ml	40ml	NOMU Moroccan Rub
180g	240g	Chickpeas <i>drain &amp; rinse</i>
3	4	Garlic Cloves <i>peel &amp; grate</i>
45ml	60ml	Red Wine
300ml	400ml	Tomato Passata
3	4	Poppadoms
15ml	20ml	Cornflour
30g	40g	Dried Apricots <i>roughly chop</i>
8g	10g	Fresh Coriander <i>rinse &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Seasoning (salt & pepper)

**1. STEW, THAT WAS CLOSE!** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion and the carrot until softening, 4-5 minutes (shifting occasionally). Add mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the NOMU rub, the chickpeas, and the garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the red wine and simmer until almost all evaporated, 2-3 minutes. Pour in the tomato passata and 300ml [400ml] of water, reduce the heat, and simmer until slightly thickened, 8-10 minutes.

**2. POPPADOM PARTY** Place a clean pan over a medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadom. As soon as the poppadom starts curling, use a spatula or tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up - you may need to do this step in batches. Carefully remove from the pan on completion and allow to drain on some paper towel. Alternatively, heat the poppadoms in the microwave until crispy, 20-30 seconds.

**3. THE FINALE** In a bowl, combine the cornflour with 30ml [40ml] of water. When the mince has 2-3 minutes remaining, add the cornflour slurry, ½ the apricots, ½ the coriander and some seasoning.

**4. THE MAIN EVENT** Plate up the saucy mince and sprinkle over the remaining coriander and apricots. Side with the crispy poppadoms for dunking. Well done, Chef!