

# UCOOK

## Apricot & Beef Pitas

with tzatziki & fresh mint

We're rocking with Moroccan flavours in the kitchen today, Chef. A toasted pita pocket smeared with tzatziki enfolds Moroccan-spiced beef mince, a homemade apricot relish featuring sweet apricot jam and tart dried apricots with zesty lemon, and a mint, carrot & cucumber salad for freshness.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Fan Faves

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Creation Wines | Creation Viognier

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## Ingredients & Prep

2	Onions <i>peel &amp; roughly slice</i>
45ml	Apricot Jam
2	Lemons <i>rinse, zest &amp; cut into wedges</i>
60g	Dried Apricots <i>roughly chop</i>
450g	Beef Mince
45ml	NOMU Moroccan Rub
2	Garlic Cloves <i>peel &amp; grate</i>
3	Pita Breads
360g	Carrot <i>rinse, trim, peel &amp; grate</i>
150g	Cucumber <i>rinse &amp; cut into matchsticks</i>
8g	Fresh Mint <i>rinse &amp; pick</i>
150ml	Tzatziki

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter

**1. RELISH** Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onions until soft and caramelised, 10-12 minutes (shifting occasionally). Add a knob of butter, the apricot jam, a pinch of lemon zest, and a squeeze of lemon juice. Mix to combine and simmer until slightly thickened, 1-2 minutes. Remove from the pan, add the chopped apricots, and season.

**2. MINCE** Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the NOMU rub and the grated garlic, and fry until fragrant, 1-2 minutes.

**3. TOAST** Place a clean pan over medium heat. When hot, toast the pitas until heated through, 30-60 seconds per side. Alternatively, place them on a plate and heat up in the microwave, 30-60 seconds. Cut in half to form a pocket.

**4. CARROT SALAD** In a salad bowl, combine the grated carrot, the cucumber matchsticks, the picked mint, a squeeze of lemon juice, and seasoning.

**5. TIME TO EAT** Smear the pita pockets with the tzatziki and fill with the flavourful mince, the apricot relish, and the carrot salad. Serve any remaining filling on the side. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	468kJ
Energy	112kcal
Protein	5.2g
Carbs	15g
of which sugars	4.7g
Fibre	2.1g
Fat	3.6g
of which saturated	1.3g
Sodium	160mg

## Allergens

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

Eat  
Within  
3 Days