

UCOOK

Chermoula Beef Meatball Wraps

with a baby tomato salad

We're travelling upwards on the map today to North Africa by using a chermoula-infused mayo as the creaminess for this dish. Smearred on toasted tortillas, this traditional relish forms the base for smashed beef meatball patties, & fresh greens. Served with a lightly pickled tomato, mint & toasted pumpkin seed salad.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Jenna Peoples

Quick & Easy

Domaine Des Dieux | Josephine Pinot Noir

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Ingredients & Prep

4	Free-range Beef Meatballs
2	Wheat Flour Tortillas
10ml	White Wine Vinegar
80g	Baby Tomatoes <i>rinse & cut in half</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
10g	Pumpkin Seeds
60ml	Chermoula Mayo <i>(45ml Mayo & 15ml Pesto Princess Chermoula Paste)</i>
20g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. MEATBALLS Squash the meatballs flat to form mini patties. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 2-3 minutes per side.

2. TOAST Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

3. SALAD In a bowl, combine the vinegar with a drizzle of olive oil, and a sweetener (to taste). Add the halved tomatoes, the chopped mint, the pumpkin seeds, and season.

4. WRAP IT UP Smear the wraps with the chermoula mayo, top with the shredded leaves, and the meatballs. Season, fold up, and serve alongside the tomato salad. That's a wrap, Chef!



Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	989kJ
Energy	237kcal
Protein	9.8g
Carbs	11g
of which sugars	1.8g
Fibre	1.6g
Fat	16.2g
of which saturated	4.4g
Sodium	203mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days