



UCCOOK

Stuffed Lamb Meatballs & Pita Flatbread

with charred baby tomatoes & hummus

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Lauren Nel

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info	Per 100g	Per Portion
Energy	604kj	4275kj
Energy	144kcal	1023kcal
Protein	8.7g	61.7g
Carbs	11g	79g
of which sugars	2.5g	17.5g
Fibre	1.9g	13.3g
Fat	7.3g	51.7g
of which saturated	3.2g	22.6g
Sodium	207mg	1463mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
15ml	20ml	Smoked Paprika
240g	320g	Baby Tomatoes <i>rinse</i>
450g	600g	Free-range Lamb Mince
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	NOMU Moroccan Rub
120g	160g	Danish-style Feta <i>drain</i>
150ml	200ml	Greek Yoghurt
8g	10g	Fresh Dill <i>rinse, pick & finely chop</i>
3	4	Pita Flatbreads
150ml	200ml	Red Pepper Hummus
15g	20g	Crispy Onion Bits

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil, paprika, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. ROAST BABY TOMS Coat the baby tomatoes in oil and season. When the roast has 15-20 minutes left, scatter over the tomatoes, and roast for the remaining time until lightly charred.

3. SOME PREP In a bowl, combine the mince, garlic, NOMU rub, and seasoning. Divide the mince mixture into 9 [12] portions. Wet your hands slightly to prevent the mince from sticking to them. Using the palm of your hand, gently flatten a portion of the mince and place some of the feta in the centre. Gently press the mince around the filling, fully enclosing it. Gently roll it in your hands to create a smooth meatball, being careful to not push the filling out! Repeat with the remaining portions of mince and the feta. Set aside in the fridge until frying.

4. STUFFED MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the stuffed meatballs until browned, 2-4 minutes, shifting as they colour. Remove from the pan. Add to a roasting tray and roast until cooked through, 8-10 minutes.

5. YOGHURT & TOAST Combine the yoghurt with ½ of the dill and set aside. Return the pan wiped down to medium heat. Toast the flatbreads until heated through, 30-40 seconds per side. Remove from the heat and cut into quarters.

6. DINNER IS READY Smear the hummus onto one side of the plate, place the roasted vegetables on top and sprinkle over the crispy onions. Arrange the meatballs, and pita quarters around the plate for a mezze-style presentation. Spoon the dill yoghurt into the centre, then garnish with the remaining dill. Enjoy, Chef!