



U COOK

Moroccan Beef Meatball Platter

with honey-roasted carrots

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Strandveld | Grenache

Nutritional Info	Per 100g	Per Portion
Energy	605kJ	3596kJ
Energy	145kcal	860kcal
Protein	7.3g	43.3g
Carbs	10g	62g
of which sugars	5.6g	33.4g
Fibre	2.3g	13.7g
Fat	8.3g	49.6g
of which saturated	2.8g	16.7g
Sodium	331mg	1968mg

Allergens: Sulphites, Sesame, Tree Nuts, Allium

Eat Within 3 Days

Spice Level: None

Ingredients & Prep Actions:

Serves 1	Serves 2	
15ml	30ml	Honey
30ml	60ml	NOMU Moroccan Rub
5g	10g	Almonds
240g	480g	Carrot <i>rinse, peel (optional) & cut into bite-sized chunks, along the diagonal</i>
15ml	30ml	Lemon Juice
4	8	Beef Meatballs
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Pitted Kalamata Olives <i>drain & halve</i>
50ml	100ml	Hummus

1. SWEET CARROT Preheat the oven to 200°C. In a bowl, combine the honey, ½ NOMU rub and some olive oil. Toss through the carrot, ensuring all the pieces are coated. Spread the carrot on a roasting tray and season. Roast in the hot oven until golden, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRAGRANT & ZESTY Return the pan to medium heat with a drizzle of oil. When hot, add the meatballs. With the back of a spatula, gently press down the meatballs so they flatten slightly. Fry until browned and cooked through, 2-3 minutes per side. In the final 2 minutes, add the remaining NOMU rub. Remove from the heat and add ½ the lemon juice (to taste).

4. CHEF'S KISS Smear the hummus over one side of the plate. Top with the mini beef patties and all the remaining pan juices. On the other side of the plate, add the salad leaves, topped with the olives and almonds. Drizzle over some olive oil and the remaining lemon juice (to taste). Side with the roasted carrots, and garnish with the chives.

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water