



UCOOK

Moroccan Beef Meatballs & Asparagus

with brown basmati rice & fresh lemon

Asparagus is now in peak season, so to celebrate this unique spring vegetable, we've paired these stalky spears with browned beef meatballs, a Pesto Princess Chermoula Paste-infused yoghurt with zesty lemon & fresh herbs, and toasted almonds. Spring is in the air and on your plate, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

Adventurous Foodie

Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon 2019

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Ingredients & Prep

75ml	Brown Basmati Rice <i>rinse</i>
6g	Mixed Herbs <i>(3g Fresh Mint & 3g Fresh Dill)</i>
50ml	Low Fat Plain Yoghurt
10ml	Pesto Princess Chermoula Paste
1	Lemon <i>rinse, zest & cut into wedges</i>
10g	Almonds
100g	Asparagus <i>rinse</i>
4	Free-range Beef Meatballs

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. CHERMOULA YOGHURT Rinse, pick, and finely slice the mixed herbs. In a bowl, combine the yoghurt, the chermoula paste, a squeeze of lemon juice, a pinch of lemon zest, ½ the sliced mixed herbs, and seasoning. Loosen with olive oil in 5ml increments until drizzling consistency.

3. 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.

4. AWESOME ASPARAGUS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the rinsed asparagus until slightly charred but al dente, 3-4 minutes (shifting occasionally). Remove from the pan and season.

5. FRY THE FLAVOURBOMBS Return the pan to medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan.

6. NOW THAT'S IMPRESSIVE! Plate up the rice. Top with the meatballs. Side with the charred asparagus. Drizzle over the chermoula yoghurt. Scatter over the toasted almonds. Garnish with the remaining herbs and the remaining lemon zest (to taste). Serve any remaining lemon wedges on the side.

Nutritional Information

Per 100g

Energy	600kj
Energy	143kcal
Protein	7.7g
Carbs	12g
of which sugars	1.1g
Fibre	2.4g
Fat	7.4g
of which saturated	2.4g
Sodium	32mg

Allergens

Allium, Tree Nuts, Cow's Milk

Eat
Within
3 Days