

# UCOOK

## Beef Mince Pita Pockets

with harissa yoghurt & minty carrot slaw

A minty carrot slaw for crunch, tangy tomato rounds, salty feta, browned beef mince, toasted almond slivers & fresh greens all combine to make the perfectly stuffed pita pockets. Once you've drizzled over the harissa yoghurt, you won't be able to wait to take the first bite!

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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:** Rhea Hsu

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 Quick & Easy

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 Waterford Estate | Range Cabernet Sauvignon 2016

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## Ingredients & Prep

225g	Julienne Carrots
45ml	Lemon Juice
12g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
150ml	Low Fat Plain Yoghurt
22,5ml	Pesto Princess Harissa Paste
1	Red Onion <i>¾ peeled &amp; finely diced</i>
450g	Free-range Beef Mince
30g	Slivered Almonds
3	Pita Breads
60g	Green Leaves <i>rinsed &amp; roughly shredded</i>
2	Tomatoes <i>1½ cut into rounds</i>
90g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. ROOTING FOR YOU** In a bowl, combine the julienne carrot, the lemon juice, ½ the chopped mint, a sweetener of choice (to taste), and seasoning. Set aside.

**2. GO FOR THE YOGHURT** In a small bowl, combine the yoghurt, the harissa paste (to taste), and seasoning. Loosen with water at 5ml increments until drizzling consistency. Set aside.

**3. MAKE MINCEMEAT OF THIS RECIPE** Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 minutes until soft and translucent, shifting occasionally. Add the mince and work quickly to break it up as it starts to cook. Caramelize for 4-5 minutes until browned, shifting occasionally. Season to taste.

**4. IN A NUTSHELL** While the mince is frying, place the slivered almonds in a pan over medium heat. Toast for 2-4 minutes until golden brown, shifting occasionally. Remove from the pan and set aside.

**5. DINNER'S ALMOST DONE** Return the pan to a medium heat. When hot, warm the pitas for 30-60 seconds per side until heated through and lightly toasted. Alternatively, pop them on a plate and heat up in the microwave for 30-60 seconds. Cut the heated pitas in half and open each half to form a pocket.

**6. STUFFED FULL OF DELICIOUSNESS** Stuff each pita pocket with some of the carrot slaw, the shredded green leaves, the tomato rounds, the drained feta, the toasted almond slivers, and the mince. Drizzle over the harissa yoghurt. Serve any remaining filling on the side. Garnish with the remaining mint. Enjoy!

## Nutritional Information

Per 100g

Energy	626kJ
Energy	150kcal
Protein	6.6g
Carbs	11g
of which sugars	2.2g
Fibre	1.6g
Fat	8.1g
of which saturated	3.1g
Sodium	121mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within 1  
Day