



# UCOOK

## Spicy Chorizo & Beef Frikkadels

with a chilli cheese sauce & roasted  
carrot salad

If you can't remember the last time you had homemade frikkadels on your plate, it's been too long, Chef! Time to change that with these appetising beef & chorizo frikkadels, with a spicy Spanish note. A chipotle-infused homemade cheese sauce is dolloped over and a side of orange-glazed carrots, greens & feta bring it all together.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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Adventurous Foodie

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Strandveld | Grenache

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## Ingredients & Prep

480g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
300g	Free-range Beef Mince
60g	Sliced Pork Chorizo <i>finely chop</i>
80ml	Spiced Crumbs <i>(60ml Panko Breadcrumbs &amp; 20ml NOMU Spanish Rub)</i>
80ml	Sweet Glaze <i>(40ml Honey &amp; 40ml Orange Juice)</i>
20ml	Cake Flour
100ml	Low Fat UHT Milk
60g	Cheddar Cheese <i>grate</i>
20g	Chipotle Chillies In Adobo <i>roughly chop</i>
40g	Green Leaves <i>rinse</i>
40g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Milk (optional)  
Butter

**1. CARROTS** Preheat the oven to 200°C. Spread the carrot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

**2. FRIKKADEL PREP** In a bowl, combine the mince, the chopped chorizo, the spiced crumbs, 1 egg, and season. Wet your hands slightly and shape the mixture into 4-5 mini patties per portion. Set aside.

**3. FAB FRIKKADELS** Place a pan over medium heat with a drizzle of oil. When hot, fry the patties until browned and cooked through, 1-2 minutes per side. Remove from the pan.

**4. GLAZED CARROTS** When the carrots have 5-8 minutes left to cook, drizzle the sweet glaze over them and shake the tray to coat evenly.

**5. CHEESE SAUCE** Place a small pot over medium heat with 20g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese. If it's too thick, loosen with a splash of water or milk (optional). Stir until the cheese is melted, mix in the chopped chipotle chillies (to taste), and season.

**6. JUST BEFORE SERVING** In a salad bowl, add the roasted carrots, the green leaves, the drained feta, and a drizzle of olive oil.

**7. DINNER IS READY** Plate up the carrot salad, side with the frikkadels, and drizzle the spicy cheese sauce over the frikkadels. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the carrot pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	655kj
Energy	157kcal
Protein	8.6g
Carbs	11g
of which sugars	6.7g
Fibre	1.5g
Fat	8.8g
of which saturated	3.8g
Sodium	244mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Alcohol, Cow's Milk

Eat  
Within  
3 Days