



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.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Strandveld | Grenache

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Ingredients & Prep

240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
150g	Free-range Beef Mince
30g	Sliced Pork Chorizo <i>finely chop</i>
40ml	Spiced Crumbs <i>(30ml Panko Breadcrumbs & 10ml NOMU Spanish Rub)</i>
40ml	Sweet Glaze <i>(20ml Honey & 20ml Orange Juice)</i>
10ml	Cake Flour
50ml	Low Fat UHT Milk
30g	Cheddar Cheese <i>grate</i>
10g	Chipotle Chillies In Adobo <i>roughly chop</i>
20g	Green Leaves <i>rinse</i>
20g	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, ½ egg, and season. Wet your hands slightly and shape the mixture into 4-5 mini patties. 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 10g 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