

UCOOK

Apricot & Beef Pitas

with tzatziki & fresh mint

We're rocking with Moroccan flavours in the kitchen today, Chef. A toasted pita pocket smeared with tzatziki enfolds Moroccan-spiced beef mince, a homemade apricot relish featuring sweet apricot jam and tart dried apricots with zesty lemon, and a mint, carrot & cucumber salad for freshness.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Creation Wines | Creation Viognier

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Ingredients & Prep

1	Onion <i>peel & roughly slice</i>
15ml	Apricot Jam
1	Lemon <i>rinse, zest & cut into wedges</i>
20g	Dried Apricots <i>roughly chop</i>
150g	Beef Mince
15ml	NOMU Moroccan Rub
1	Garlic Clove <i>peel & grate</i>
1	Pita Bread
120g	Carrot <i>rinse, trim, peel & grate</i>
50g	Cucumber <i>rinse & cut into matchsticks</i>
3g	Fresh Mint <i>rinse & pick</i>
50ml	Tzatziki

From Your Kitchen

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

1. RELISH Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and caramelised, 8-10 minutes (shifting occasionally). Add a knob of butter, the apricot jam, a pinch of lemon zest, and a squeeze of lemon juice. Mix to combine and simmer until slightly thickened, 1-2 minutes. Remove from the pan, add the chopped apricots, and season.

2. MINCE Return the pan, wiped down, to medium heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the NOMU rub and the grated garlic, and fry until fragrant, 1-2 minutes.

3. TOAST Place a clean pan over medium heat. When hot, toast the pita until heated through, 30-60 seconds per side. Alternatively, place it on a plate and heat up in the microwave, 30-60 seconds. Cut in half to form a pocket.

4. CARROT SALAD In a salad bowl, combine the grated carrot, the cucumber matchsticks, the picked mint, a squeeze of lemon juice, and seasoning.

5. TIME TO EAT Smear the pita pockets with the tzatziki and fill with the flavourful mince, the apricot relish, and the carrot salad. Serve any remaining filling on the side. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	468kJ
Energy	112kcal
Protein	5.2g
Carbs	15g
of which sugars	4.7g
Fibre	2.1g
Fat	3.6g
of which saturated	1.3g
Sodium	160mg

Allergens

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

Eat
Within
3 Days